# THE OXFORD PAPER

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Weekly leisure guide for in & around Oxford

*The Oxford Paper* charity of year founder honoured

# TEARS AS ANDY GIVEN AWARD

George Welch *Reporter*

THE inspiring founder of our charity of the year said he is still coming to terms with being awarded a national honour for raising thousands of pounds for charity

Play2Give s (P2G) Andy Baker admitted to being 'choked up' on stage when he received his British Citizen Award (BCA) at the Palace of Westminster last Thursday

The 29-year old from Didcot, who has lived with a brain injury since birth, has fundraised tirelessly since he was a 14-year-old pupil at Didcot's St Birinus School

Fifteen years on and he has helped raise more than £70 000

An emotional Andy, one of 30 to receive a BCA, said he would remember the 'incredible, amazing and uplifting day' forever

He said. "It will be a day that me and my guests will never forget. For me it s a day I'll remember and treasure forever

"To win my first national award in 15 years feels really special, and I feel really happy overjoyed, and proud– there s not enough words really to describe it."

Andy established P2G in 2007 to support the hospital and brain injury charity Headway Oxfordshire – and the fundraising group has gone from strength to strength.

Since then, he has raised more than £57 300 for the Oxford Children's Hospital alone as a gesture of thanks for the care and support he has received from them over the years especially following major brain surgery he endured aged 12.

Andy added. "I felt really humbled to be given such a high honour as the BCA, it still feels like a dream.

"It was great to meet and chat with so many of the other medallists and to say it was an emotional day is an understatement. It was probably one of the most emotional days that me and my mum have experienced."

Former CBBC presenter Michael Underwood presented a slightly star-struck Andy with his award.

Andy said. "I got really choked up on stage and was lost for words in tears when Michael spoke to me and I explained a bit about my story but the audience all cheered and gave applause.

"I really will treasure this award and wear my medal and initials after my name (BCAV) with pride."

Andy was nominated by friend Linda Latter, who has previously said. "Andy is a true, genuine young man with a real heart of gold, which is very rare to find these days and he doesn't ever let life get him down.

"He lives life to the full and is the life and soul of the party despite his condition

"His perseverance unwavering enthusiasm relentless commitment and his infectious character makes him so well loved by his friends and family."

Michael Uadarwood, Andy Baker and Jo Garner from Lime MCP

This year marks P2G's 10th anniversary and the fundraising group is hoping to mark the occasion by raising £10k for its main benefactors, Oxford Children's Hospital and Headway Oxfordshire.

Visit tinyurl.com/zksd8xx to donate to P2G s appeal.

## Wind in Willow murder case on TV programme

Eva Astreinidou *Reporter*

A DOCUMENTARY on the investigation of the murder of art dealer Adrian Greenwood, who was killed for a £50 000 edition of The Wind in the Willows, aired this week.

The Channel 4 documentary 'Catching a Killer The Wind in the Willows' aired on Monday showing the operation to uncover the killer 18 months after the murderer was sent to prison for life.

Detective Superintendent Kevin Brown, Detective Inspector Stuart Blair and family liaison officer Jacqui Redgard spoke to The Oxford Paper about their experience from the case.

DI Blair said. "Any sort of investigation like that will always be difficult to manage.

"There will always be good points and a lot of points where you don t know what s happened or how you are going to get to the next stage.

"It does involve human emotion. As professional as we are we are still human beings underneath it all [and] I think that is reflected well in the programme."

The murderer Michael Danaher, 51, had no previous convictions before murdering Mr Greenwood, 42, at his home at Iffley Road on April 6 2016

The documentary shows pivotal moments of the investigation that ensued, including identifying the killer s car

DS Brown said. "The car took an awful lot of work. We went through a million cars

"[And] at the back of your mind you always question is it that car,

Continues on page 3

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## Regional Weather

**THURSDAY:** Early mist patches soon clearing leaving a bright sunny morning. Cloud will build during the afternoon with the odd shower developing. Maximum temperature 23 °C.

**OUTLOOK FOR FRIDAY TO SUNDAY:** Sunshine and isolated showers on Friday. Saturday will be warm and humid, cloudy at times with the odd spot of rain. Sunday, cloudy with patchy light rain, brighter later.

WEEKEND SUMMARY

| FRIDAY | SATURDAY | SUNDAY |
|---|---|---|
| DAY 20°C | DAY 21°C | DAY 22°C |
| NIGHT 14°C | NIGHT 17°C | NIGHT 13°C |

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# Electric chargers for cabs and cleaner air

Eva Astreinidou *Reporter*

A HALF A MILLION pound investment to install electric vehicle charging points for hackney cabs and set an age limit on old cabs will be set out in Oxford to reduce the "illegal levels" of air pollution.

The city council has announced plans to install 19 charging points by 2019 and phase out older, high-emitting hackney cabs from the city.

The £500,000 investment will mean a close co-operation with COLTA (City of Oxford Licensed Taxicab Association) to carry out the scheme.

The first seven charging points will be installed in 2018 and the remaining 12 will be put in in 2019.

Cllr John Tanner executive board member for a clean and green Oxford, said Oxford city is working with the county council to introduce a zero emission zone from 2020 which will restrict access to the city centre for emitting vehicles.

He said: "Oxford has illegal levels of air pollution in some parts of the city which is affecting the health of residents. Every vehicle in Oxford is contributing to this major public health emergency.

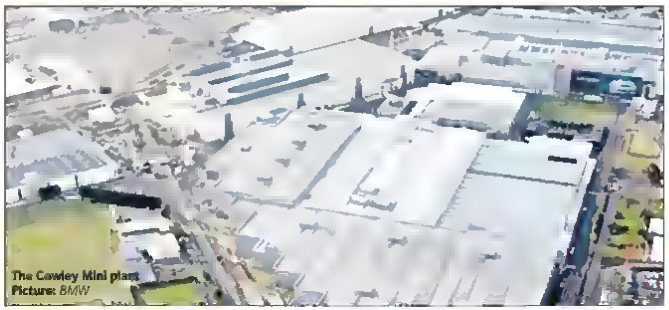
"[The] Zero Emission Zone will go a long way to getting air pollution below legal limits."

Latest air pollution data for Oxford indicates that, despite a 36.9 per cent drop in city centre air pollution over the last decade, nitrogen dioxide levels are sticking above the legal and safe levels in some city centre streets.

A 2016 study by the Royal College of Paediatrics and Child Health found that outdoor air pollution causes about 40,000 deaths in the UK every year.

The locations for the charging points will be finalised following consultation with drivers, but potential locations include Oxford Rail Station, Gloucester Green, London Road, Cowley Road, St Giles, Summertown car park, and Redbridge and Seacourt park and rides.

It is estimated that new electric cabs could save £2,000 a year in fuel costs compared to conventional black cabs. The board will discuss the project at a meeting on Tuesday.



The Cowley Mini plant
Picture: *BMW*

# Cowley plant workers accept final salary pension payments

WORKERS at Cowley's Mini plant have accepted BMW's revised offer to close their final salary pension, ending the threat of any further strikes.

More than 90 per cent of Unite members working at four BMW car plants across the country backed the German carmaker's final offer to bring an end to the long running pension dispute.

If the deal was rejected then 2,200 workers would have had their contracts terminated.

BMW had initially offered workers transitional payments worth £7,000 in an effort to solve the dispute but, under the revised offer, this will be increased to up to £25,000.

As well as in Cowley, workers in Goodwood near Chichester, Hams Hall in the West Midlands and Swindon took strike action in May and June.

Unite national officer Fred Hanna said: "BMW initially thought it could railroad its pension changes through with transitional payments of just £7,000.

"It's testament to the resolve of Unite members and their solidarity that the carmaker was forced to more than triple these payments and give additional guarantees."

It had seemed increasingly likely that workers at the Mini plant would strike again after Unite refused a pension offer from BMW midway through last month.

But now, Unite members have overwhelmingly backed the revised offer.

Mr Hanna added: "BMW's UK workforce is among the most efficient and skilled in the auto industry. We look forward to working with BMW to ensure the world beating Mini and Rolls Royce motor cars go from strength to strength."

A BMW spokesperson said: "We believe that our pension proposals are fair and will help to ensure our competitiveness as a business which is ultimately in the long-term interest of all our employees."

## Woman raped by three men after leaving Henley Regatta

A WOMAN was raped by three men after leaving the Henley Regatta.

The victim, in her 20s, left the Chinawhite enclosure with a party of people who she had met there on July 2 some time between 12am and 2.30am.

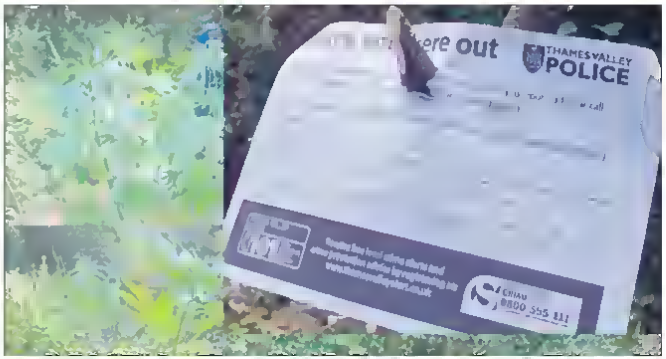
She walked to a residential street in the Harpsden Road and Reading Road area to a car where she was subsequently raped outside the vehicle.

The three men then left in the vehicle. A member of the public found the victim near the Three Horseshoes pub in Reading Road shortly before 2.30am on Sunday and called police.

Police are now looking for witnesses including the drivers and occupants of a dark metallic car which stopped outside the pub to check on the victim and another car which also stopped.

Detective Chief Inspector Lis Knight said: "Incidents of this nature are rare in the area and we are working to establish what happened.

"If you have any information, regardless of how insignificant you think it may be, please come forward."




**The note left by police. Picture:** *@TVP_Oxford*

# Police show they've ganja sense of humour

POLICE officers left a light-hearted "sorry we missed you" note after a tip-off led them to a cannabis plantation.

Thames Valley Police found the drugs in woodland between Wolvercote Mill Stream and the A34 at 6pm on Friday.

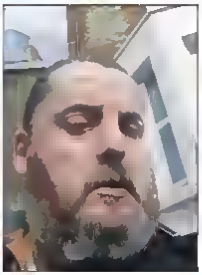
After digging up the plantation officers left a sorry you were out notice that read "Ooops! Sorry we missed each other, but feel free to call me on 101 so we can discuss a deal."

It was signed: "Lots of love TVP xx."

The force tweeted that they had left the note because "#WeveGot-Manners"

The drugs have been disposed of. No-one has been arrested.

# Book murderer's case is explored in TV programme



**Above, Danaher and the selfie he took after the murder of Adrian Greenwood, right. Left, some of the detectives who worked on the case. Pictures:** *Thames Valley Police*

**From front page**

is this our man."

On the interaction with ex wife Elaine Jacqui said, "We were very lucky because they were a perfectly normal, law-abiding family and the boys had been brought up beautifully by both Michael and by their mum."

DS Brown added: "Our number one priority is the family of the person we are trying to seek justice for so the person who has been murdered. They are the focus of our attention."

Danaher stabbed Mr Greenwood 16 times at his home before stealing the antique book.

Danaher was found guilty of one count of murder and was sentenced to life imprisonment in October 2016 to serve a minimum of 34 years.

Jurors heard how Danaher had taken a selfie moments after the crime and had drawn up a list of people with money – potential targets included Kate Moss and venture capitalist Adrian Beecroft.

# Millions to be spent on region's roads

**George Welch**, *Reporter*

THE government has reconfirmed its commitment to invest in transport projects in Oxfordshire.

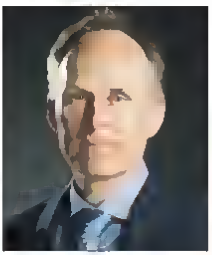
Millions of pounds will be spent upgrading roads to form the Oxford-Cambridge Expressway, improving the A34, and extending the east-west rail line.

Transport Secretary Chris Grayling reconfirmed the government's pledge last week as part of its new transport investment strategy.

Other local roads are also set to receive more investment after Oxfordshire County Council (OCC) was given a share from a national roads fund.

Details of the exact proportion of money to be allocated and the type of roads eligible for funding are yet to be confirmed.

Bev Hindle, strategic director for communities at the county council, welcomed the government's reconfirmation. He said: "We [OCC] will continue to talk to government and partners about the county's transport infrastructure strategy to ensure the needs of future generations who live, work or travel through Oxfordshire can be met and planned for.



**Bev Hindle**

"Getting transport spending right is absolutely crucial. We already know that existing funding will not deliver the scale of infrastructure investment required which is why we will work together to explore alternative sources of funding."

The county council is working with eight other local authorities – Northamptonshire, Buckinghamshire, Milton Keynes, Bedford, Central Bedfordshire, Luton, Cambridgeshire and Peterborough – to improve east-west connectivity.

A government study last August warned that failing to build the expressway, also known as the 'brain belt', could choke the UK's economic growth.

Impartial infrastructure advisors, the National Infrastructure Commission, said in November 2016 that the government should seize "once in a lifetime" opportunity to build the new transport links between Oxford and Cambridge.

The following month the Department for Transport estimated that the new road could cost up to £3.5billion.

Leader of OCC Cllr Ian Hudspeth told The Oxford Paper in November: "We (OCC) have long argued that East West Rail and the Oxford-Cambridge Expressway can be a catalyst to bring the region together to deliver the housing that is required in the region as well as the connectivity it will need to compete with the best in the world."

# Oxford says 'hola' to Spain's King Felipe and Queen Letizia

SPAIN'S King Felipe VI and Queen Letizia will visit Oxford during their trip to the UK this week.

The Spanish monarchs are due at Oxford University tomorrow when they visit Weston Library and an exhibition of Spanish treasures from the university's archive. King Felipe is also to give a speech at a lunch at The Divinity School ahead of a reception for Spanish nationals at Exeter College.

It will be the first state visit by the couple – the last from Spain was by King Juan Carlos and Queen Sofia in 1986.

The Weston Library, which will be closed tomorrow, was officially opened by the Duke of Cambridge in May 2016 after the building underwent an £80m renovation project.

NEWS

## Arrests after hooded gang raids store

THREE men and a boy have been arrested after a balaclava-clad gang broke into a convenience store and stole cash, cigarettes and alcohol.

Police said a gang of four threatened staff at the One Stop shop in Cherry Tree Close, Southmoor at around 10.50pm on July 2.

Officers said all four were wearing balaclavas and masks. Cigarettes, cash and alcohol were stolen. No weapons were seen and there were no injuries.

A dark blue Peugeot 106, which police believe was used in the offence, was later found on fire in Marsh Lane, Netherton.

A 21 year-old man and a 25-year-old man, both from Berinsfield, and a 16-year-old boy and a 26 year old man, both from Oxford, have been arrested on suspicion of robbery.

They have been released under investigation.

Call 101 with information.

## Man hurt in clash

A MAN has been arrested following an assault that left another man hospitalised with a broken jaw.

Police said two men clashed at Carterton's recreation ground car park, off Alvescott Road behind the library between 5pm and 6pm on July 4.

A 19-year-old man from Carterton has been arrested on suspicion of grievous bodily harm without intent and has been released under police investigation.

# Schools urged to get set for healthy start

Samantha McGregor: Reporter

PRIMARY schools in north Oxfordshire are being urged to join a new walk to school initiative aimed at changing habits for life.

Four schools have signed up so far for the free Walk to School health campaign funded by Oxfordshire County Council.

These include St Mary's Primary School, Banbury, North Hinksey Primary School, Southwold Primary School, Bicester, and Christopher Rawlins Primary, Adderbury.

Called the WOW challenge, it is run by charity Living Streets and encourages children to log their daily journeys to school and develop a healthy habit for a lifetime.

If children walk to work for a week each month they receive a badge.

The council has pledged to fund 20 schools - WOW usually costs £1.50 per pupil. Schools are being urged to sign up for the scheme by July 21 so they all set to get walking once the new academic term starts in September.

County council cabinet member for public health and education Hilary Hibbert Biles said: "This is a great scheme which reduces congestion outside the school gates and creates healthy habits for a lifetime."

Chesterton Primary School took part in Living Streets' Walk to School Week challenge in May and saw reduced traffic outside the school and reported there was 'real engagement from parents and pupils'.

Headteacher Iain Horner also left his car at home and walked 14 miles to work one morning.

He said: "In addition to the obvious environmental and traffic benefits, we feel that taking part gave families and children some quality time together and, for the ones arriving from further afield, a bit of an adventure."

All schools that take part receive 11 badges for each pupil, a 'travel tracker' whiteboard for children to record their journeys, and guides for teachers.

Further funding is available from the Bicester Healthy New Town programme for schools in the area.

Kevin Croasdale, commercial manager of Living Streets, said: "It is simple and easy for schools to run, and just a few minutes of a teacher's day is all it takes to make a big difference."

This year's badge theme is Walk the Americas, taking youngsters from the top of North America to the tip of South America.

For more information, contact Kevin Croasdale on 0207 377 4908 or email kevin.croasdale@livingstreets.org.uk.

Chesterton pupils give a thumbs up to the WOW initiative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# Couple given 10-year dog ban over the neglect of loving pet

A HUSBAND and wife have been disqualified from keeping dogs for 10 years after their dog was left to starve.

Barney and Jemma Bloom, of Hudson Street, Bicester admitted causing unnecessary suffering to a crossbreed dog called Hooch when they appeared before magistrates in Oxford in a prosecution brought by the RSPCA.

Mr Bloom, 37, was given an immediate 12-week custodial sentence and Mrs Bloom, 32, was given an eight-week custodial sentence suspended for 12 months.

Mrs Bloom was handed a community order which means she must remain at home between 8pm and 6am for a month. Both were fined £150.

Hooch was found without food and water in a squalid outhouse at the couple's home after the police contacted the RSPCA with concerns for the dog's wellbeing.

Hooch was found skinny and dirty

RSPCA inspector Lauren Bailey who investigated, said: "When I first saw Hooch he was at the police station and I was moved by how loving he was.

"He was so skinny, dirty, and neglected but had so much time for everyone he met. It was heartbreaking to see a dog that had not been shown any love himself still offer love unconditionally to others.

"He had sadly been left without food and water in a dirty outhouse. He was very underweight with all his ribs showing.

"When I carried out the interviews they admitted he wasn't cared for and said he was only occasionally fed leftover pasta.

"The neglect suffered by Hooch could have been easily avoided but he was simply left to suffer without the care he needed and deserved."

Hooch initially recovered from his mistreatment while in the care of the RSPCA and managed to regain some weight but sadly had to be put to sleep because of medical issues.

# Police plea after motorcyclist hurt in crash

A 55-YEAR-OLD motorcyclist is in hospital after colliding with a car in Wantage.

The rider sustained serious injuries and was taken to John Radcliffe Hospital in Oxford, where he remains in a stable condition, after the crash on Sunday. It happened at around 3.45pm when a grey Kawasaki 1400 motorcycle and a green Audi estate collided on the B4494, Chainhill, Wantage.

The crash occurred approximately a mile south of Ormond Road.

Sergeant Ed Crofts, from Roads Policing, said: "I would ask anyone who witnessed this collision or who may have seen either the green Audi estate or the Kawasaki motorbike shortly before the collision, to please contact us with any information."

Contact police on 101.

An artist's impression of the revamped Cowley shopping centre

# 'Tired' shops centre to get £60m revamp

Eva Astreinidou: *Reporter*

A £60MILLION plan to regenerate the 'tired' shopping centre in the heart of Cowley has been given a seal of approval.

Oxford City Council has approved the owners NewRiver's plans for Templars Square in a "once in a lifetime investment'

The regeneration of the shopping centre and site is set to include a new hotel, new restaurant units, new housing, improved streetscape and pedestrian routes, and upgraded car parking.

Jamie Whitfield, director of commercial development at NewRiver, said: "We have been working alongside the council and the local residents over two years.

"As a long-term investor in the town, we look forward to introducing new restaurants, homes, a hotel, jobs to the area and revitalising the tired entrances and public realm.

"We look forward to continuing our partnership with the local communities as we move toward the delivery phase of this exciting step for Cowley's future."

Existing shops will be preserved through the plans, which will also create 600 new jobs and 300 construction jobs.

The tired looking shopping centre is soon to be a thing of the past

NewRiver, which worked in collaboration with Corstorphine & Wright Architects, submitted the plans in November 2016.

On July 4, a spokesperson from Oxford Preservation Trust said "OPT encourages the council to do more to secure ways of minimising the harm by securing improvements in the design and use of materials."

They added: "If this tall building is to be seen, then what it looks like is of critical importance."

In January, the plans received 80.1 per cent approval in public meetings hosted for residents and businesses.

Of 227 responders who were asked whether they supported the proposals, a total of 144 people said yes, 36 were unsure, 34 said no, and 13 did not express an opinion.

In the same month, Oxford Civic Society recommended that the application be refused due to lack of affordable homes and the creation of a new tower block which would impact the character of the area.

# Hotspot town for blocked pipes is told: fat's enough

THAMES Water is asking Witney residents to 'bin it, don't block it' as the town is labelled a hotspot for sewer blockages and fatbergs.

The town is now a target for an awareness campaign after the company revealed its engineers have to clear at least three major blockages from the area's sewers every fortnight.

Fatbergs are formed when discarded cooking fat and wet wipes congeal into a solid mass in sewers. They block pipes and can cause sewage to back up and pollute waterways.

In the last three years, 17 properties in Witney have been flooded with sewage as a result of fatbergs.

Now Thames Water is targeting householders in Witney with a 'bin it – don't block it' campaign in a bid to get those putting fat down the drain, and wipes down the toilet, to understand the impact of their behaviour.

Thames Water's head of sewer networks Matt Rimmer said: "Often people don't realise the consequences of putting things other than human waste and toilet paper down their toilets and drains but it's time for everyone to understand and take action.

Fatbergs lurk in Witney pipes

"It's not just fat that's the problem but wipes, often labelled 'flushable', are a massive issue too. They may disappear when you flush the toilet, but they don't break down in the pipes.

"We're lobbying manufacturers, government and retailers to correctly label the wipes as unflushable and to change what they're made from, but in the meantime we need everyone to put a bin in their bathroom and stop flushing them."

During the campaign posters with information will be displayed on bill boards and matching postcard will also be sent to hundreds of homes.

One of the warning posters that will be appearing in Witney

# Man faces court on fraud charge

A MAN has been charged with fraud after an elderly woman was allegedly told to withdraw thousands of pounds from her bank account.

Ahmed Hussain, 21, of no fixed abode, has been charged with one count of fraud by false representation.

The charge relates to an incident on July 1, in which an elderly woman was allegedly told to withdraw £5,300 from her bank account by an anonymous caller claiming to be a policeman.

Hussain appeared at Oxford Magistrates' Court on Monday last week and was remanded to appear at Oxford Crown Court on August 4.

# Pupil's design drives home message

A PUPIL'S stencil design with a message aimed at tackling underage drinking will be displayed in public places around Wantage and Grove.

Jacob Creed, a King Alfred's Academy student, designed the stencil to remind people not to buy alcohol for under 18s.

His winning entry was stencilled outside Sainsbury's and Waitrose on Monday.

As part of alcohol awareness sessions run by the Wantage and Grove Community Alcohol Partnership (CAP), Year 9 pupils were asked to take part in a competition to design stencils that discourage underage drinking.

Cllr Eric Batts, cabinet member for community safety at Vale of White Horse District Council, said: "Jacob Creed's winning design will now take pride of place in key locations around the area, helping to remind people of the dangers of underage drinking."

James Maddern, assistant headteacher at King Alfred's Academy, said: "We are committed to educating our students on the dangers of underage drinking."

Earlier this year CAP held two alcohol action days at King Alfred's Academy.

Year 9 students took part in various workshops including wearing 'beer goggles' to experience the disorientation of being intoxicated.

The pupils also heard from police about the potential dangerous situations that can occur due to being drunk, as well as from 24-year old musician Henry Maybury, whose brother Tom died from an alcohol related illness at the age of 29.

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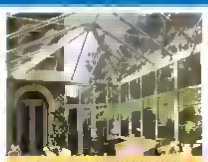
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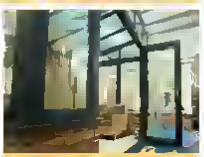
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## A&E query from MP

MP Victoria Prentis has asked the Secretary of State for Health to reassure residents over accreditation for anaesthetic training at Banbury's Horton Hospital.

She raised concerns that "decisions such as the one by a medical dean to remove accreditation for anaesthetic training will not lead to the closure of A&E departments in hospitals"

It comes after the Horton's maternity unit was downgraded because of "staff shortages and a lack of training accreditation for obstetricians" she said

Afterwards Mrs Prentis said. "There is no doubt that the loss of training accreditation for obstetricians in Banbury has had a detrimental impact on maternity services in the area.

"It is vital that the same does not happen to A&E, and anaesthetic training is retained at the Horton A knock-on effect from the removal of any further training would further inhibit our hospital services."

## Everest avalanche survivor takes on new climb

AN EVEREST avalanche survivor who is showing there is no mountain high enough will be coming to Oxfordshire as part of an epic challenge

International explorer Alex Staniforth will be climbing White Horse Hill tomorrow as part of an incredible journey where he will be walking and cycling up the highest peaks in all 100 counties of the country to raise money and awareness for Young Minds UK.

The 22-year-old from Cheshire finishes his Climb the UK' challenge on July 23 having covered over 5 000 miles in 72 days and has so far raised more than £14 000 He is just £6 000 away from his target.

Alex has survived a long battle with mental health issues. He said he has sustained injuries on both his knees, making it tougher to motivate himself.

His book Icefall was published last year to much acclaim from fellow adventurers including Bear Grylls.

To donate, visit justgiving com/fundraising/climbtheuk.

# Cooper School still good, says Ofsted

Samantha McGregor. *Reporter*

A BICESTER secondary school has retained its "good" status after an inspection by Ofsted.

The Cooper School, in Churchill Road, "impressed" inspectors with its "calm and purposeful atmosphere" and "strong relationships" between pupils and staff.

Since it was given the good rating in 2013 the school has formed Bicester Learning Academy which is partnered with Glory Farm School.

In her report, Ofsted inspector Paula Sargent praised the management team and teachers and said pupils made "good progress"

Since the last inspection, strategies had been implemented to improve pupils' maths and English

Better systems are now in place to track pupils attendance and to provide support for those who find it difficult to come to school.

However its safeguarding and pupil welfare were "a strength" of the school, the report said.

The report said the next steps for the school was to ensure the more able students tackle more challenging work and make "faster" progress and use strategies in place to help pupils improve their work, knowledge and skills.

Ms Sargent said the school was "driven by a desire to raise the aspirations of all pupils

She said. "The leadership team has maintained the good quality of education in the school since the last inspection.

"There is a caring, nurturing and inclusive ethos that permeates the school.

"Inspectors were impressed by the calm and purposeful atmosphere and the strong relationships between staff and pupils and among pupils themselves.

"As a result, pupils are keen to learn and make good progress from their starting points

"Pupils have great confidence in their teachers and very much value what staff do for them "

The report also said the partnership with Glory Farm School benefited pupils starting in year seven, as teachers at both schools shared expertise, while the secondary school gave reading support to primary students

In a statement Michael Waine chairman of governors said the school was "delighted" with the report

He said. "The report underlines the school's commitment to continuing improvement always seeking to do better and achieving the best opportunities for all students and staff.

"We are very pleased that the growing strength of the academy partnership with Glory Farm School features as a positive force for good in children's education."

Clockwise from left, All Saints and Melanie C, Pet Shop Boys, Jess Glynna, fireworks, Chaka Khan, boats on the river, Goldie, Melanie C and a view of revellers from above. Pictures by Victor Frankowski/Henley Festival 2017

# Pop goes Henley with some jungle in the mix

Eva Astreinidou: *Reporter*

A BOUTIQUE five-day celebration returned with a bang last week, drawing in over 30 000 people

The 'posh' Henley Festival featuring UK and international music and arts ended on Sunday in what turned out to be a sun-drenched few days

Dressed in their finest, thousands of people soaked up the atmosphere and were entertained while experiencing a programme of pop to world music, classical to jazz, blues to folk as well as comedy and gastronomy shows.

A great array of acts including Pet Shop Boys, Jess Glynne, and Goldie all graced the main stage

'Sporty' spice Mel C performed and joined 90s' girl band All Saints on stage for their headline show on Sunday evening.

It's always bubbly time at Henley Festival

Speaking after the festival, Mel C said: "It was an incredible night – It was my first time at Henley and hopefully not the last."

Chaka Khan also delighted festival-goers with her 70s disco classics on Saturday

The event raises funds which are pumped back into the local economy

Since 2015 the festival's audience has increased by 40 per cent.

Henley Festival began in 1983 with the aim of bringing music and culture to the town of Henley-on-Thames.

## New play area for railway centre

A NEW family friendly play park is set to open at Didcot Railway Centre

The park was opened by former Didcot Mayor Scott Wilgrove on July 9

The new railway themed area has been paid for by the mayoral fund after the former mayor decided to make the centre his charity of the year when he was in the role.

Part of the funding also came from a community grant from Magnox Ltd, a company based near Harwell

The centre's commercial manager Ann Maddleton said. "We welcome this wonderful addition to our picnic area, which provides more for families to do, and which helps to make the centre more family friendly."

## Smash no grab

A GROUP of people attempted to pull a cash machine out of a Co-Op

Police are looking for information following an incident on June 30 in Market Square, Bampton, at around 4am.

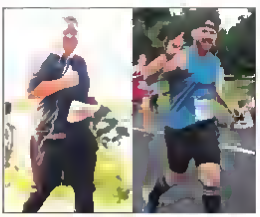
A number of offenders used a stolen Ford Transit van to smash the front doors of the Co-Op open.

# Running away from obesity mocking

A MAN who was morbidly obese and was 'teased and mocked' decided to turn his life around by becoming a runner and will take part in an epic 24-hour 100km race

Andy Vanderberg, 30, from Oxford will run the Dixons Carphone Race to the Stones on Saturday, and has set himself the challenge of running a total of 26 marathons this year

Andy, who weighed 305lbs and lost 90lbs after taking up running, will be racing along the Ridgeway from Lewknor in Oxfordshire to the Avebury Stone Circle



Speaking of the epic challenge, he said, "I was not an ideal running body size, but I never saw anyone my size running, so I figured it would be the best way to lose the weight.

"A lot of people laughed because I was so big, but I was determined to become a runner"

He added, "At the end of last year I wanted to set a goal that was so challenging I wasn't sure I could do it, so I thought why not do a marathon every fortnight?"

He said he attempted Race to the Stones last year but collapsed towards the end – although he finished he wanted to come back and 'do it properly'

He added, "Mentally I have the mindset that I can do anything. Losing that amount of weight changes the way you think and proves to yourself that anything really is possible if you never give up and never give in."

Andy will join more than 2 000 people from all over the UK and abroad who will walk, jog or run 100km along the spectacular route non stop or over two days.

Julian Mack, founder of Threshold Sports, which organises Dixons Carphone Race to the Stones, said: "[The event] is all about getting people out and about for mental health and physical wellbeing.

"It's a tough challenge for anyone, however they take the route but the spectacular views and great atmosphere will keep everyone motivated.

"The trick is to keep one foot going in front of the other and relish the achievement at the finish line."

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# F1 helps sick babies start life in fast lane

George Welch, *Reporter*

FORMULA One team Williams spends more than £100million trying to make two cars whizz round a track as quickly as possible – and now it is investing in emergency transportation for new-born babies.

Tnts at London's Great Ormond Street Hospital will be welcomed into the world in a high tech carbon fibre tube which can withstand a 20 G-force crash.

It is the same technology the Grove-based outfit uses to protect its drivers in high speed crashes to create a safe environment for newborn babies needing emergency transportation.

The Williams Babypod 20, produced by its advanced engineering arm, costs £5,000 per unit and replaces previously-used heavy and cumbersome incubators that required an external electricity supply.

Managing director of the advanced engineering unit, Craig Wilson said: "The parallels between a Formula One car and transport device for babies may not be immediately apparent.

"Both demand a lightweight and strong structure that keeps the occupant safe in the event of an accident, and can monitor vital signs while remaining easily transportable and accessible."

The Williams Babypod can withstand a 20 G-force crash

He added that the Babypod, based on an Advanced Healthcare Technology (AHT) design from 2015 could be scaled up in its production so more hospitals can benefit from the Formula One-inspired technology.

Williams Advanced Engineering has been contracted to manufacture a maximum of 500 pods a year at its Williams headquarters in Grove.

Lightweight and easy to handle the Babypod can attach to any transport stretcher whether on a trolley or in an ambulance, car or even helicopter.

Design director of Hertfordshire-based AHT Mark Lait said: "Our focus over the last 10 years has been to provide safe transport and occupancy devices for babies and small children.

"This design has also delivered improved features of protection against vibration and noise and the dangers related to impact."

# Campaigners urge City to think again on green belt

CAMPAIGNERS vying to protect Oxford s green belt are urging the city council to rethink its policies.

The Campaign to Protect Rural England (CPRE) is challenging the council following the recently published draft Local Plan for Oxford, saying that housing need should be prioritised over more jobs to avoid development 'stretching out' onto green belt land.

Responding to the publication of the draft Local Plan, CPRE Oxfordshire's director Helen Marshall said: "We are calling on the city council to re-think its priorities, working to improve rather than exacerbate the jobs versus housing balance and setting high density targets that would enable it to meet its housing needs without stretching out over the green belt."

CPRE objects strongly to the council's proposal to build on eight green belt sites around the city, leading to huge urban sprawl in north Oxford.

It says each of the eight sites meets most the purposes of green belts, which preserve the setting of historic towns, and urges the council to remove these sites from the Local Plan.

The eight sites identified for development were considered in the Oxford green belt study in October 2015.

A representative from Oxford City Council said: "The green belt site releases proposed represent less than two per cent of the designated green belt within the council s administrative area and the proposals to release them have followed a robust process of examination and review.

Cllr Alex Hollingsworth

"The council welcomes all feedback on this stage of the new local plan and will be considering all representations received during the consultation."

Following the release of the Local Plan, Alex Hollingsworth, board member for planning and regulatory services, said the council would continue to support the city centre and district centres as the most sustainable locations for new development.

He added: "Another key aim is to use the planning system to reduce air pollution, shift journeys to sustainable transport, and reduce the need for journeys by putting homes, jobs and facilities close to one another."

To view the Local Plan, go to tinyurl.com/gnos3dl.

# Young dancers get hug from idol

TWO super-talented Oxfordshire youngsters were among six lucky dancers to show their moves on stage alongside superstar Justin Bieber at a major music festival.

Massive Bieber fans Chelsea Cox, 12 from Oxford, and Esme Edwards Frout, 11 from Bicester were left starstruck as they danced with their hero in front of 70 000 people at the British Summer Time festival on Sunday last week.

Elisha Peart, who has run Blackbird Leys dance school Messy Jam for 11 years, said she was genuinely shocked when the pair were selected as two of the six performers ahead of thousands of other submissions.

The duo who were told four days before the gig that they had been selected to dance on stage alongside the 23-year-old superstar singer, performed their routine to Children, a song from his latest record Purpose.

Miss Peart said: "I am super proud of them. They handled themselves as true professionals – it brings a tear to my eye.

"Everyone was ecstatic – the girls were smiling like Cheshire cats. I hope these opportunities keep coming."

She described the group of six dancers – all aged between nine and 13 – as such a nice little group.

The dancers didn't meet Bieber until he was on stage – but he gave all them a hug after the song.

A dance troupe from Messy Jam called Elite Squad Royalz made the semi-final of last year's Britain s Got Talent competition.

Chelsea gets a hug from Justin Bieber and, below, it's Esme's turn

The group which included Chelsea and Esme were praised by judges David Walliams and Simon Cowell.

Visit tinyurl.com/y99lb2rg for amateur footage of Chelsea and Esme s dance.

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# Summit inspired by Jo Cox

A CHARITY is hosting a 'loneliness summit' inspired by MP Jo Cox to explore what action can be taken to combat the issue for older people

Age UK Oxfordshire is hosting the summit tomorrow to "start a conversation" and see what can be done to help tackle the issue

During her time as an MP, Jo Cox formed an independent, cross-party Loneliness Commission made up of MPs and charities to highlight the fact that we can all do something to help lonely people in our community

Penny Thewlis, chief executive of Age UK Oxfordshire, said: "Jo Cox herself put it perfectly: 'loneliness is something many of us could easily help with. Looking in on a neighbour, visiting an elderly relative or making that call or visit we've been promising to a friend we haven't seen in a long time'."

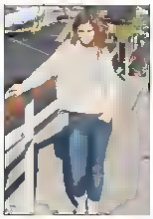
Over 100 delegates will be attending the summit and will be asked, at the end of the day, to make a pledge about what they can do, personally or professionally, to combat loneliness in Oxfordshire.

Ms Thewlis added: "This event aims to shine a spotlight on loneliness, which has such a devastating impact on people's health and happiness.

"We hope by inviting our delegates to make pledges, they will encourage others to do so.

"To get the ball rolling, my own personal pledge is to start a conversation with strategic partners about how we can reach more people who are lonely."

The summit will be chaired by Layla Moran, MP for Oxford West and Abingdon, and speakers on the day will include Hannah Pearce, head of external affairs at Age UK, and Paul Cann, formerly chief executive of Age UK Oxfordshire and a driving force behind setting up the charity's campaign to end loneliness.



**Above, Jo Cox. Picture:** *Brendan Cox*

# Still concerns over 10-year homes plan

*Eva Astruinidau, Reporter*

A 10-YEAR development for nearly 1,000 new homes has been approved by local authorities despite concerns about traffic and strain on the area.

The development will be an extension of the Ladygrove estate in Didcot, and will feature two primary schools and secondary school, a day nursery, a leisure centre and sports pitches.

Croudace Homes and Reading University, the owners of the land, have been given planning permission by South Oxfordshire District Council (SODC) to build 1,350 homes as part of the delivery plans for Didcot garden town.

Residents and Long Wittenham parish council say the project, which will take 10 years to complete, will bring Ladygrove to within a mile of the village, raising concerns about more traffic and congestion and placing more strain on Clifton Hampden Bridge.

Parish council chairman Gordon Rogers said: "We have no objection in principle to new homes which are desperately needed, but in recent years we have seen higher volumes of traffic through the village and it will only get worse as Ladygrove expands.

"We would hope to get developer funded money to improve traffic-calming measures in the village."

The parish council said there is an urgent need for a new road and river crossing linking Didcot with the Culham Science centre, which would help mitigate traffic issues.

They have also expressed concern for pollution, as well as the Didcot sprawl.

They said they would oppose any attempt by developers to build homes in the 'green gap' – land between the expanded Ladygrove and on the other side of Appleford Road towards Long Wittenham.

The council previously objected to access points to the development along the B4016 road because it would encourage the new residents of Ladygrove to drive through Long Wittenham to reach Oxford, Culham Science Centre, Abingdon and the M40.

But the developers said drivers would seek a less congested route south via the Didcot ring road to reach Milton and the A34. Traffic computer models showed a minimal increase in traffic.

Adrian Duffield, head of planning for SODC, said: "We're pleased that we've been able to give building work at this site the green light – the development is an important part of our plans for growth in South Oxfordshire and it will contribute more than 500 affordable homes to the area."

More than 15,000 new homes and 20,000 new jobs are planned as part of the garden town scheme over the next 20 years.

To take part in the consultation for the homes, visit tinyurl.com/y79bccok.

# £100k help for change

A LOCAL authority is offering up to £100,000 to help support local clubs, schools or charities looking to make a positive change.

Charitable social enterprise GLL has partnered up with crowdfunding organisation Spacehive, to launch the GLL community foundation in South Oxfordshire and Vale of White Horse.

The foundation will provide a platform and grant funding with a value of up to £5,000 for each individual charitable or community project.

This can include anything from creating or renovating public spaces, such as parks, to running sports tournaments or supporting cultural events.

Chris Symons, director of business development at GLL said: "We're calling on clubs, schools, charities and social enterprises that are looking to make a positive change in the community."

Email communityfoundation@gll.org

# When a hero comes along...

IRONMAN Spiderman and heroes closer to home all graced Witney with their presence over the weekend.

Heroes and villains assembled for the town's carnival as thousands partook in the themed procession and spectated the event on a sun-drenched day on Saturday.

The carnival, organised by the Rotary Club kicked off with the procession from the Leys at 11am.

The parade passed through the town, where there were performances to watch and stalls to browse.

Although there were a few Hollywood worthy comic book appearances, local community heroes also got a chance to take part. Farmhouse Nursery School firefighter heroes was one of them.

West Witney Primary School also participated.

One lucky driver also got the chance to take the Batmobile which got a lot of attention, out for a spin.

There were plenty of refreshments with a barbecue, hog roast, beer tent Pimm's and Prosecco bar, tea, cakes and ice cream to keep everyone's energy up.

The bouncy castle, mini fair and Smiley train kept the children entertained.

The dogs also got a slice of the action, by putting on star performances at the dog show.

Brian Wright, chairman of the organising committee said: "The carnival is jointly organised by the local service clubs and all the profit from the event goes straight back into the local community helping local charities.

"I was delighted by the numbers attending.

"There must have been about 10,000 during the course of the day. And everybody was clearly having a great time.

"We are extremely grateful to all our sponsors."

The carnival has been a staple for the town since 1928.

# Photo trickery earns student a prize

AN ART and design student won top prize for her digital art display in a prestigious exhibition in London.

Amelie Al-Attar, 19, a student at Abingdon & Witney College, was awarded the overall winners prize for her contribution at the University of London's (UAL) annual exhibition, Origins, on July 6.

For the winning piece, Amelia removed herself from a series of family pictures in a photo album, above, through a complex digital process contrasting this alongside untouched photos. As a student on the Level 3 Foundation diploma in art and design course, she applied the skills she learnt from her time at the college.

Di Batchelor, principal at Abingdon and Witney College said: "Amelia has done fantastically well to win this award.

"Along with the other students who also had their works on display at the exhibition, she is a testament to the success of our creative faculty and clearly has a great future ahead of her."

Now in its seventh year, the exhibition at the Old Truman Brewery on Brick Lane celebrates the works of students studying UAL Awarding Body qualifications.

There were seven pieces overall from the college, among a total of 450 works being submitted for the exhibition.

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# Spring into Action

**Now's the perfect time to replace your garden fence once and for all Anna Ryder Richardson - Designer and Television Presenter - takes a closer look at Colourfence, the revolutionary low-maintenance system**

It's been ten years since I regularly graced TV screens helping transform people's living spaces with MDF and stripped floorboards. Recently it's been more "celebrity muck out" than "celebrity make-over" as I look up the challenge of owning my own Wildlife Zoo in Tenby. In this time I've learnt quiet a lot about fences and having researched the various options for my own benefit I thought I would share my knowledge with a wider audience.

The latest design processes mean there is now a tremendous array of fencing products for you to choose from, constructed from a variety of materials. Each has its own attributes, and ultimately it can often come down to a matter of personal preference. For me there was one unique system that stood out as providing the best balance between price and functionality which eradicates fencing problems for good. Or for at least 25 years. Colourfence. For quality, value, longevity, aesthetic design, this fencing system ticks all the boxes. Fencing made for the 21st century that will transform the look of your garden which is supplied and fitted by a company whose customer service is as good as the product.

In my view, Colourfence is the "Rolls Royce" of fencing—just without the exclusive price tag. What's more, it's guaranteed to stay in place in up to 130mph winds and is virtually maintenance free.

To find out how the experts from Colourfence might help you, I suggest you call **01865 582 171** and speak to their team.

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## Gardeners' Questions

**Q** **Wooden fence panels just don't seem to last - is there a storm resistant alternative?**

**A** The Colourfence system has been tested under cyclonic conditions to withstand storms with wind gusts up to 130mph. Unlike your wooden fence - once professionally installed - Colourfence really will stay up!

**Q** **No matter what I treat my wooden fence with - nothing seems to prevent it rotting or looking shabby for very long**

**A** Treating your fence is a thankless and expensive task. It's also a losing battle. Wood simply wants to rot. Colourfence offers a low-maintenance alternative where by an occasional wash down will keep it looking great for up to 25 years! GUARANTEED!†

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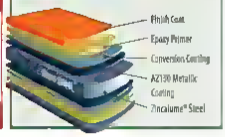


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# Retirement village opens and is 'just what we need'

George Welch, *Reporter*

WITNEY'S new multi-million pound retirement village is officially open for business—and the town's MP believes it is 'just what the country needs'.

Robert Courts formally opened the £35million Richmond Witney in Coral Springs Way last month.

Speaking at the long-awaited opening, the Conservative MP said: "With a rapidly ageing population, this new facility is just the sort of thing the country needs and Witney should be extremely proud of its new retirement village."

He added: "This not only helps to address the requirements of the town and the surrounding communities, but also brings much needed new employment to west Oxfordshire."

Around 85 people are already employed at the village and this will increase nearer to 150 when fully occupied.

Work on the retirement village, which offers a variety of homes, care, services and facilities for the over 55s, began in 2014 and will provide accommodation for more that 200 older people when at full capacity.

The four-hectare development includes a restaurant, gym, swimming pool, library, shop and outdoor bowling green.

The village has stressed that all residents have registered with health centres following the closure of Deer Park Medical Centre in Edington Square.

A spokesperson from developers Richmond Villages said: "We were obviously disappointed when the Deer Park Medical Centre closed, as we had already established a good relationship with them and it was close and convenient for our residents.

"However, all of our residents have been able to register with other health centres in the locality."

Richmond Villages will want to replicate the success of other retirement homes across the county following the release of encouraging new adult care data.

Figures announced last week show that older people and those with learning disabilities across Oxfordshire receive better services from providers on average than the national average across England.

A total of 82 per cent (189) of Oxfordshire's 231 care providers are rated either 'outstanding' or 'good' compared to 77 per cent of national providers, according to the Care Quality Commission (CQC).

Managing director of Richmond Villages Paddy Brice said: "Building a retirement village is always a huge undertaking, and we are delighted to have received such a positive reception here in west Oxfordshire."

He added that he was "delighted" to open Richmond's second village in the county, following the opening of their Leicombe Regis village near Wantage seven years ago.

The care home at the heart of the village provides 24 hour nursing and dementia care.

**MP Robert Courts officially opens Richmond Witney, above. Right, Mr Courts speaks to the gathered guests**

# Bicester tries to get a bit fitter

BICESTER residents are being challenged to get fitter this summer by taking part in a green spaces competition.

Individuals and families can take part in a free contest to win a Fitbit or family swimming pass for Bicester Leisure Centre.

The idea is to get people to explore green spaces around the town.

To enter the competition, residents will have to visit all the 11 green spaces marked on a flyer that will be distributed in Bicester over the summer.

When they visit people need to do some form of exercise such as walking, skipping, jogging, playing or using an outdoor gym and take a picture of themselves and posting it on social media sites Facebook or Twitter and using the hashtag #HealthyBicester.

Residents have until September 4 to complete the challenge.

Cllr Barry Wood, leader of Cherwell District Council, said: "Through this challenge we are calling for more people to explore the many green spaces in Bicester and have fun outside.

"Bicester has got a lot of nice footpaths, playgrounds, open spaces and outdoor gym equipment. We want Bicester residents to be aware of what is on hand for them."

Everyone who completes the challenge will win a Healthy Bicester mug. For more information email healthynewtown@cherwell-dc.gov.uk.

# Shopping village tour for residents

RESIDENTS of a 3,300-home development were treated to a VIP tour of a new shopping village that will be on their doorstep.

Regional contractor Stepnell offered the Great Western Park Residents' Association (GWPRA) the chance to see first-hand the new £5.25m residential shopping centre that will be completed next summer.

The tour of the district centre included a viewing of the new Asda superstore under construction, and two three-storey apartment schemes that will provide 20 new homes with shopping and commercial units on the ground floor.

Stepnell is also building a single-storey two-unit retail space as part of Great Western Park's new community hub.

Andy Brain, Stepnell senior site manager, said: "It was a great pleasure to meet local residents, answer their questions about the construction of this fantastic new 'village' development and give them a VIP tour of the project.

"The scheme is really starting to take shape now and we're delighted with the progress we've been able to make.

"It won't be too long before we'll be able to give local residents a sneak preview of the building interiors."

The GWPRA committee said: "It was good for our residents to be able to get a sense of how it will look and the types of shops and services we will have on our doorstep."

With an expected finish in 2022, Great Western Park will provide a primary and secondary school, a university technical college, a pub, community centre, sports pitches and a children's day nursery.

**From left to right, David Rignall, GWPRA vice chair; Natalia Hudson, GWPRA secretary; Jack Strong, assistant site manager, Stepnell; Andy Brain, senior site manager, Stepnell, and Dave Roberts, boundary park sports association representative for GWPRA.**

**Below, view of the new residential and retail block**

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# Footballers near to Russian trip

SEVENTEEN young footballers have almost hit their fundraising target to take part in the trip of a lifetime – two weeks at an international youth football camp in Russia.

The footballers from East Oxford United Football Club have raised almost £10,000 to travel to Oxford's twinned city of Perm, but the club still needs to raise a further £1,200.

They will take part in football tournaments, friendly matches and other competitive sports including basketball and volleyball, with youngsters from Russia, Tajikistan and other countries. Fundraising activities have included packing bags at Tesco, washing cars and taking part in the United Oxford Cup.

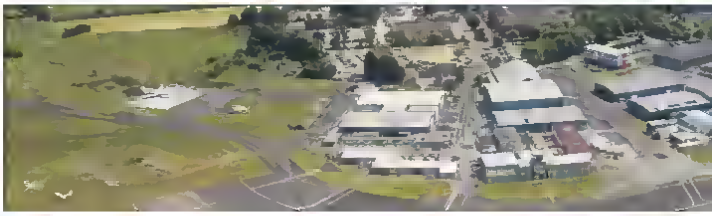
Oxford City Council has given £500 towards the total, while funding has also come from the Perm Associa-tion and from city councillors' ward budgets. Oxford Bus Company has sponsored the team and will provide free return bus tickets to the airport.

The money will pay for the costs of getting to Perm, including flights and visas. The hosts will cover all costs once they arrive at the city on the Parma River.

Cllr Dee Sinclair, board member for culture and communities, said: "It is wonderful that Oxford has come together to help make this once-in-a-lifetime trip happen.

"Chances like this to meet and interact over a shared interest with peers from other cultures are so crucial to bringing communities across the world together – this is what twinning works to achieve."

Visit justgiving.com/crowdfunding/hassan-sabriye to donate.



# Morning BBQ ends in blaze

AN EARLY morning barbecue nearly caused a serious fire at a home near Wantage.

Firefighters were called to the garden fire in West Hanney at 8.30am on Saturday.

The owner moved the barbecue away from the house before the fire developed. Crews extinguished the blaze and the gas was burned off in a controlled way.

Crew manager Cook said: "The owner acted very quickly to prevent the fire spreading to the house which would have led to a serious fire.

"We would always advise the public to stand your barbecue away from any structures and on a flat surface."

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# Disease led to weight loss trial

Eva Astreinidou *Reporter*

A 59 YEAR OLD man who was diagnosed with fatty liver disease after taking part in an Ebola trial is urging others to take part in vital research.

Ian Miles, from Abingdon, has been a blood donor for more than 25 years and learnt he had the condition after he put himself forward as a volunteer for a University of Oxford vaccine trial.

Routine tests confirmed he had build-up of fat in his liver, something that is usually seen in people who are overweight or obese.

Following the diagnosis, he took part in a trial testing the usefulness of Liraglutide, a weight loss drug, in treating his type of non-alcoholic liver disease (NAFLD).

In the process, Mr Miles shed two stone in weight and is now urging others to take part in NHS research.

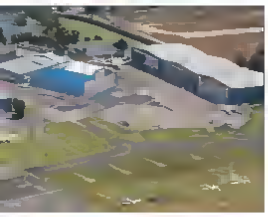
Mr Miles, who hopes to lose a further half-a stone said "Apart from the weight of course, you really have nothing to lose.

"It's a way of contributing more or less anonymously to something for the public benefit, while potentially gaining some individual benefit out of it as well."

The trial, called the Lifestyle and Liraglutide (LiLi) study, began in January, to barely three months Mr Mile's Body Mass Index (BMI) had dropped by four points, his waistline by as many inches, and his three-month scan confirmed that his liver fat had been greatly reduced.

Dr Ahmad Moolla, the clinical research investigator co-ordinating the study said, "Clinical research is vitally important so that we are able to investigate and assess the potential of new treatments for conditions where for example, existing treatment options are few or have a limited effect.

"Without the kind support and willingness of participants to take part in clinical research studies the task of tackling conditions such as fatty liver disease, which poses a considerable burden to both patients and to the NHS, would be even more challenging."



# Unity in the skies

## Helicopters from ambulance, police and RAF soar

George Walch, *Reporter*

HELICOPTERS from Oxfordshire's ambulance, police and RAF soared in unison across the county skies in a celebration of unity between the three services.

An air ambulance, police helicopter and RAF chopper which all operate from RAF Benson, flew a circuit around the local area on Thursday last week.

The special event, a first for the south Oxfordshire base included a flypast of the Airbus Helicopters UK HQ at Oxford Airport in Kidlington.

Group captain Hamish Cormack said, "We work in such close proximity to our National Police Air Service and Thames Valley Air Ambulance colleagues on a daily basis that it's imperative we work effectively as a team.

"While we perform different roles, essentially we all do the same thing: delivering helicopter support where it is needed the most.

"It was fantastic to see the three aircraft flying together to celebrate our team work and to reinforce the Team Benson spirit."

The RAF Puma HC Mk2, flown by the Puma Force currently operating in Afghanistan, was joined in the Oxfordshire skies by the Airbus EC135 of the National Police Air Service and Thames Valley Air Ambulance's Airbus B135.

All three aircraft are capable of providing vital life saving and air security roles day and by night

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# Pressure over school funds stepped up

THOUSANDS of headteachers have written to their MPs urging them for answers on school funding.

Headteachers and campaign groups from Oxfordshire joined the nationwide call for more clarity on budgets for schools and any potential cuts to jobs and subjects.

More than 4,000 headteachers across 17 Conservative counties wrote to their MPs spelling out their concerns about the new government's manifesto and the promise of £1bn in funding for schools.

Helen Breckett parent and campaigner for Fair Funding for All Schools Oxfordshire said: "We would like clarity and confirmation from the government that there will be proper investment in schools in Oxfordshire and across the whole country."

She added: "According to teaching unions and other experts, schools across England are facing a deficit of over £3billion. The Conservative manifesto stated that if elected it would invest £1bn into schools – however, this would still mean that there will be a massive shortfall in per pupil funding.

"There was a lack of detail in the Queen's Speech and as parents we are concerned that schools will be facing budget cuts."

# Sainsbury's stirs up trouble after Fairtrade mark switch

George Welch: *Reporter*

OXFAM has accused a major supermarket chain of undermining the Fairtrade movement by experimenting with dropping the ethical mark for its own label tea.

Campaigners from the Cowley-based charity waved placards and dressed as teabags to protest at Sainsbury's annual meeting in London on Wednesday last week.

They claim that lifelines to poor tea producers and farmers are under threat following the supermarket's decision to abandon the Fairtrade mark on its own-brand tea.

Almost 40 MPs are backing a parliamentary motion calling on supermarkets to support the Fairtrade ethical mark.

But Sainsbury's has hit back and said the Fairly Traded pilot will build on the Fairtrade model.

The pilot which launched in May and is open-ended, means the chain badges its own-brand tea as fairly traded instead of using the Fairtrade logo.

Matthew Spencer Oxfam's campaigns policy and influencing director, said "Fairtrade is a lifeline for many of the most vulnerable communities helping them educate their children and provide vital healthcare.

Oxfam supporters dress as tea bags to make their point at Sainsbury's annual meeting **Picture:** *Andy Aitchison*

"Sainsbury's is removing what little control some of the poorest tea farmers and producers have on how they spend the money they make shifting decisions to a committee far away in London.

"We urge Sainsbury's to stick with the gold standard Fairtrade mark, which is trusted around the world."

The pilot has only been run with its tea products – but those opposing the change fear it will be extended to other products, including bananas and coffee.

In an open letter to Sainsbury's, Fairtrade Africa, the umbrella group for more than one million Fairtrade producers and farmers in Africa, said it is extremely concerned about Sainsbury's power and described the move as "reminiscent of colonial rule."

But, while a Sainsbury's representative described Oxfam's protest as outrageous, its CEO stressed that Sainsbury's "is already the world's biggest retailer of Fairtrade products."

Mike Coupe said. "Ethical sourcing has always been and remains at the heart of our business – it is what our customers expect from us.

"Our Fairly Traded tea pilot aims to build on the Fairtrade model, providing a guarantee that our farmers will continue to receive all the funding currently in place – with additional safeguards built in to ensure this funding reaches those it is intended for.

"But Fairly Traded goes further than the current model with more benefits including longer term commercial relationships and individually-tailored support."

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# Dream comes true for teenage bus fan

THE dreams of one of Oxford's keenest young bus enthusiasts came true as he enjoyed a memorable day behind the scenes at one of the county's largest bus firms.

Fourteen-year-old Ciaran Bird, who has developed an impressive wealth of bus knowledge and paraphernalia over the last 12 years, experienced a day like none other at the Oxford Bus Company depot in Cowley.

The Woodstock youngster relished the opportunity to take in all aspects of the business, including the engineering workshops, the CCTV room and the operations department.

The most exciting part came at the end of the day when he drove a bus under the supervision of an instructor.

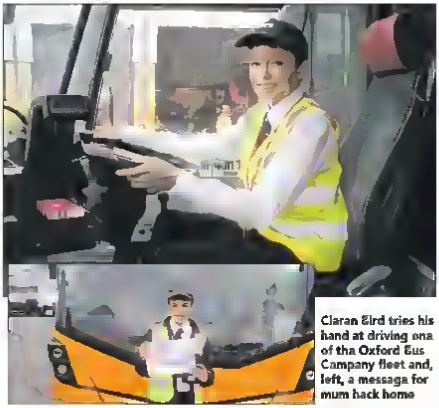
Of the day the Marlborough School pupil and young Scout leader said. "It was a great experience to be with real bus drivers, seeing what they look like and doing what they do.

"This was a really incredible, once in-a-lifetime opportunity."

The secondary school pupil has long-been obsessed with buses after a visit to the Oxford Bus Museum in Long Hanborough as a two-year-old.

As a result, he has developed an infectious enthusiasm for anything and everything bus-related.

Ciaran's mum Kate added. "Ciaran had an amazing time – for him it was a dream come true."



Ciaran Bird tries his hand at driving one of the Oxford Bus Company fleet and, left, a message for mum back home

Andy Morison commercial manager of Oxford Bus Company said "It's fantastic to see young people getting excited about public transport.

"It's an important part of Oxford's future and to know that there are such bright enthusiastic pupils like Ciaran out there proves that the next generation of bus people will have the talent that's required."

ADVERTORIAL

# Simple steps homeowners can take now to protect their assets.

## Head of April King Legal Paul King explains why some homeowners are doing **too little, too late** to protect their hard-earned assets.

### Care Cost Fees

"A lot of people are still unaware that if they need care in later life, their assets will be means-tested by the Local Authority to help pay for these services."

"The Local Authority will look to use the assets of a person until they get down to a lower limit of £14,250, when the Local Authority will take over the fees."

"For instance my own grandmother sadly passed away recently at the age of 92. My grandfather had died many years earlier and left everything to her."

"When she needed care in the last six years of her life, because my grandfather had left everything to her, the house and all the estate was counted in the Local Authority's means test."

***"Our clients tell us, 'We've worked hard all our lives, why should the Local Authority get it all?'"***

"Just as she died, she had gone down to that lower limit of £14,250 and that's all her children inherited."

"There are many myths about the steps people can take to protect their assets from being used like this."

"The main one is that a parent should simply sign their house over to the children now, so it won't be taken into consideration for means testing. That's just not true."

"Local Authorities will actually look to see if you've deliberately deprived' yourself of an asset by giving property away, going back over any period in time."

"Sometimes people think that if the gift is made seven years prior then the house is safe. This is not so as the seven-year rule only applies to Inheritance Tax and not Local Authority care."

"The solution is for couples to simply not leave everything to each other in the first place."

"What my grandfather could have done is leave his half of the house in trust to his children, stating that they couldn't have it while his wife, my grandmother, was still alive. We call these Property Trust Wills."

"If my grandfather had left his half of the house in trust to the children then when my grandmother subsequently received care in her later life she would only have been means tested on her own half of the house but my grandfather's half would have been safe."

***"Why should he have to contribute his half when he didn't receive any care?"***

"The important factor is that couples need to act in advance. Once one party dies or loses mental capacity through a stroke for example, then they are no longer in a position to do this legitimate and straightforward type of planning."

"It is therefore important for couples to act now even if they may not foresee care fees being an issue."

Paul goes on to explain that most clients he sees are surprised to learn remarriage usually cancels a Will and makes the spouse next in line to inherit ahead of their own children! Protecting your half of the house in this way he suggests, ensures that your children ultimately inherit when the survivor dies.

"Had my grandmother remarried after the death of my grandfather the whole estate could have passed sideways out of the family,' says Paul.

### Lasting Power of Attorney

Paul explains how people often get confused thinking that, because they have made a Will, their executors can also deal with assets if there is illness stroke or some other form of incapacity while they are still alive.

"Everyone should actually have two documents – a Will that deals with their estate on death and a Lasting Power of Attorney that deals with their estate during their lifetime," he says.

"There are two types of Lasting Power of Attorney – one deals with finance, the other deals with health and welfare."

"In many ways it's similar to a passport a document that's registered now and one which can be physically handed to the attorneys should the need arise."

"It allows the attorneys, perhaps the children, to deal with the banks and pension companies etc should their parent become incapacitated, but also to deal with matters such as where the parent should be living and how they should receive care."

"Your attorneys, again perhaps your children, must legally act in your best interests at all times."

"You can choose a number of attorneys to act, either jointly or independently, and April King advises on the various options available."

***"Couples are often surprised to discover that even joint bank accounts can be frozen until the bank sees sight of a Lasting Power of Attorney document."***

"Having a Lasting Power of Attorney removes the burden on children should ill health happen further down the line."

"It helps a family deal with bank accounts and so on during a parent's lifetime and ceases on death."

"Crucially, you have to complete a Lasting Power of Attorney while you are still in good mental health."

"If someone becomes ill through say, a stroke or dementia, this option is lost and the family would have to apply for a Deputyship Order from the Court of Protection a drawn out and expensive process."

"It is therefore a good idea for clients to plan ahead and remove any future burden from the family."

"Once again, all adults should be thinking of this, particularly when there are children or a business involved."

"It's not just something to think about when you get older, that's the challenge for us."

***"People think, 'I'm not ill, why do I need to make a Power of Attorney?' But they're missing the point. This is a document that has to be done in advance."***

Paul King, Head of April King Legal

"The Lasting Power of Attorney remains in place until you die unless you want to cancel it."

"Once it's registered, you don't have to worry if you then develop some debilitating illness. A burden has been removed from the family at an already difficult time."

### Bloodline Trust Wills

The majority of April King's clients have already made standard 'Mirror Wills' with other firms before approaching the Firm. A Mirror Will is when a couple leave everything to each other on the first death, then to the children when the second partner dies. But modern family life means these type of Wills leave a lot to chance.

Explains Paul. "If I have a Mirror Will leaving everything to my wife and she remarries or goes into care after my death then either the new husband or the Local Authority are likely to inherit most if not all, of my estate ahead of my children."

***"Even if my children are named in my Mirror Will, it is by no means certain that they will inherit anything."***

"Once again, this is because a remarriage would cancel the Will my wife had previously made with me and make the new husband next-of-kin."

"This often comes as a big shock to my clients who had perhaps thought that all was in order and that the family bloodline would one day inherit."

"The same is true for thinking that their children and/or grandchildren will one day benefit under a Mirror Will."

"If any of your children should die leaving everything to their husband or wife and that son-in-law or daughter-in-law should then remarry, then your grandchildren would be the ones to lose out under the line of inheritance."

***"Worse still, someone else's grandchildren would be in line to receive the benefit of all your years of hard work."***

"I've experienced this in my own family and I'm sure most people have had similar experiences or heard of someone who has."

"Bloodline Trust Wills give greater protection to your children."

"These type of Wills not only give your children complete control and access to the inheritance they receive from you, they also grant added protection from the twists and turns of modern family life."

"The wording in these Wills states that any money left over on their demise must pass to any children born of them – your grandchildren."

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**April King has prepared a free information pack for readers of the Oxford Paper which is available by calling**

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April King Legal

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# It's party time for 'unsung' care service

A PARTY celebrating a project that helps adults with disabilities enter the world of work is being held tomorrow (Friday)

OxForward, a wellbeing and employment support service, is hosting a tea party at Wolvercote Young People s Club in Oxford.

From January 2016 to June 2017, the service housed under Oxfordshire County Council has supported 65 people into secure jobs and 54 people into volunteering roles.

Cllr Lawrie Stratford, the council s cabinet member for adult social care, said. "OxForward really is an unsung service. They facilitate life altering changes for people who may not otherwise get such opportunities."

Both Francois Aubrey and David Cantwell found work through the service.

Francois from Oxford, who has learning disabilities, had been a volunteer for two years

After joining the service, a case worker supported him until he was ready to think of himself as being capable of doing paid work, eventually securing a part time role

David, from Oxford, had tried to secure employment but had no success so referred himself to the service After some time he was offered a job

The event tomorrow will run from 1-4pm.

# Residents fight to save fields from 135 homes

David Llewellyn, right, leads residents in the protest. Picture: *Will Broadhead Photography*

Eve Astreinidou Reporter

PLACARD-WAVING residents gathered to object to a development of 135 homes on Didcot's 'natural boundary'

Developers are eyeing up land east of Park Road, Didcot, behind Loyd Road, to the dismay of residents in the area, who staged a protest calling for the fields to be saved.

Dave Llewellyn, who led the protest, is urging families to get involved before the upcoming town elections as they could have a chance to win the support of local councillors against the development.

He said. "We are extremely concerned about this development and what it might lead to We agree that more housing is needed in Didcot but these houses do not belong on this field."

He added. "If [the] plan succeeds more development will follow on these fields, blurring and undermining what has been Didcot's natural boundary since the mid 1960s and threatening the identity of the ancient Hamlet of Coscote, as well as the villages of East and West Hagbourne."

He said the development would also impose on unspoilt views of the North Wessex Downs an Area of Outstanding Natural Beauty

Earlier this month, residents slammed the proposal. Rhonda Leighton, who lives nearby said every spare corner is being built on.

She said. "Enough is enough. Don t take one of the last remaining public accesses to our beautiful country surroundings they are disappearing fast in this area.

"The surrounding fields behind Loyd Road are a very important connection to nature, the local natural habitat and access to green space and the views over to Chiltern.

"Surely saving this area would benefit the rise of residents in the growing community Please leave one boundary of Didcot untouched and let it be this one."

A spokesperson for Catesby the agent promoting the development, said. "We are bringing forward plans for high quality homes in a range of sizes to help meet an acute need for new homes in the local area.

"The proposals include 40 per cent affordable homes suitable for young families first time buyers and key workers

"Our vision is to provide much needed new homes in an attractive setting that complements the community and natural character of the local area."

South Oxfordshire district councillor Anthony Dearlove said. "It's a speculative application. What we really need is planned development.

"Through planned development we re going to be able to deliver into the future with managed infrastructure."

The council is due to discuss the proposal on September 6.

# Bin pick up days to change

HALF the residents living in north Oxfordshire will be changing bin collection day from August

Cherwell District Council said with the growth across the area new bin collection days need to be introduced.

Changes will be made in Banbury and Bicester, as well as surrounding villages including Arncott, Deddington, Ardley Adderbury Ambrosden, Fringford, Fritwell, Hardwick, Bodicote, Fiddington, Shutford, Sibford Ferris and Steeple Aston.

This week postcards will be put through the doors of about 33 000 households across the district warning that their new bin collection day starts from August 1.

Only residents affected by the new rota will receive a postcard detailing the new collection day

The council s website will also have a detailed breakdown of the changes

Cllr Debbie Pickford, Cherwell's lead member for clean and green, said "These changes will make the rounds more efficient and effective for residents Due to the growth in the district, bin collection days need to be updated.

"Reorganising the bin rounds and introducing an extra round means we can plan effectively for the growth anticipated in the future."

For details, go to cherwell.gov.uk.

# Pensioner injured in crash with stolen car

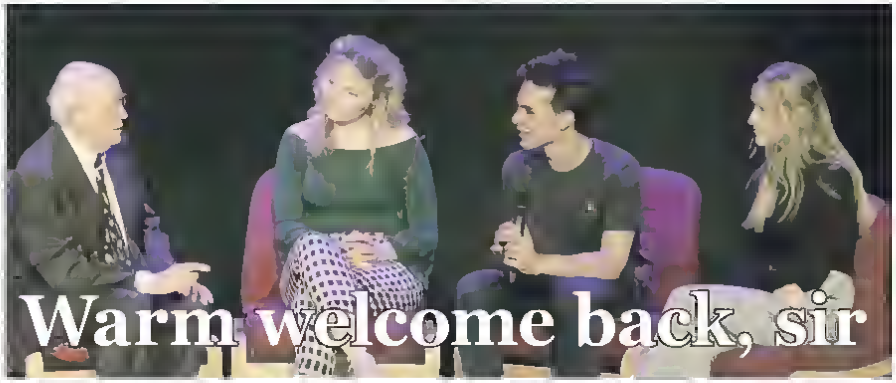
POLICE are appealing for witnesses after a man driving a stolen car crashed into another car

The stolen white VW Golf was being pursued by police and had left the M40 before travelling on the A361 near to the Chacombe turn off, when it collided with a Ford Focus.

The driver of the Focus, a 77-year-old man, suffered head and hand injuries and was taken to the John Radcliffe Hospital by ambulance His injuries are not believed to be life threatening.

The Golf was in a minor collision with another vehicle prior to the incident but there were no reported injuries The driver of the Golf, a 24-year old man from Birmingham, was been arrested on suspicion of theft of a motor vehicle failing to stop and dangerous driving.

The road was closed for about four hours while police investigated the scene Any witnesses should call police on 101.



# Warm welcome back, sir

Sir Christopher Ricks chats with sixth form students Maddie Lewis-Hughes, Tom Mawdesley and Clare St George at King Alfred's Academy

George Welch *Reporter*

THERE was a blast from the past as King Alfred's Academy welcomed a special guest back to the Wantage school.

Sir Christopher Ricks, a pupil at the then-boarding school between 1942 and 1951, delivered the inaugural lecture in a series of talks aimed at encouraging literature and humanities students in their studies.

The Beacon was packed with students, staff, parents and members of the community last month to hear the former Oxford University professor speak about his time at the school.

Headteacher Jo Halliday said: "We are very grateful to Sir Christopher for taking time out of his very busy schedule to come and present the inaugural lecture himself.

"It was a very special evening—both the lecture and the insight into life at King Alfred's in former days."

As a surprise for the former Oxford poetry professor, the school tracked down some of his contemporaries, all octogenarians, and interviewed them for a short film of school memories as a gift for the 83 year old.

Schoolmate David Harris, of Letcombe, recalled in the film Sir Christopher's kindness and how as a head prefect, he kept everyone in check through sheer force of personality.

After delivering his talk, Sir Christopher, who was born in London took part in a Q&A session and shared his memories and thoughts with sixth form students Maddie Lewis-Hughes, Tom Mawdesley and Clare St George.

He told the trio to avoid thinking in binary, wherever possible, and to think of death three times a day—as less than three times would be complacent, and more than three times would be morbid.

Maddie said: "I felt very honoured that someone of his calibre took such an interest in sharing his love of his subject—it was a privilege to have spoken with him."

Currently a warren professor of humanities at Boston University, Massachusetts, Sir Christopher has taught at Balliol College, Oxford, as well as at Bristol and Cambridge universities.

He has given his blessing to the annual lectures series, the Sir Christopher Ricks Lectures. Writer Dr Janina Ramirez will deliver the first talk on October 16 at King Alfred's.

# Keep control of dogs for posties' sake

AROUND 36 postmen and women were attacked by dogs in Oxfordshire in the last year.

Royal Mail launched its fifth annual dog awareness week last week in the county to raise awareness of the issue and encourage responsible dog ownership.

During the week, post workers spoke about their experiences of dog attacks, and a dog behaviourist was there to help people understand their pet.

Staff members were also on hand to provide advice, including keeping dogs out of the way before post workers arrive, to close off access to gardens, and to give dogs food or a toy to occupy them while the mail is being delivered.

Liz Law, operations director at the Royal Mail, said: "There have been around 36 attacks on our postmen and women in the OX area in the last year and over 2,470 across the UK. Some of these attacks have led to extremely serious and life changing injuries and this is unacceptable.

"While the number of dog attacks has fallen across the UK in the last year, the numbers are still far too high. This is why this campaign is so important. We need to keep raising awareness of this serious issue and ask all dog owners to keep their pets under control."

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# GPs leave as surgery strives to get better

Samantha McGregor Reporter

THREE long-standing doctors have left a Banbury surgery which has been rated inadequate

GP partners Dr Jonathan Williams, Dr Angela Alcock and Dr Liz Dawson left Horsefair Surgery at the end of June for "personal reasons"

The surgery has faced "significant pressure over the last two years" said the Oxfordshire Clinical Commissioning Group.

In May the practice which has more than 16 500 patients, was rated 'inadequate' overall by the Care Quality Commission and placed in special measures

It followed an inspection last August when concerns were raised.

The clinical commissioning group said "some improvements" had been made over the last six months.

Dr Dawson said all three of the GPs were grateful for support from staff and patients.

She said. "We are immensely proud of the hard work that everyone at Horsefair surgery has put in to ensure we continue to deliver safe and responsive care to our patients

"We are confident that Horsefair Surgery and Oxfordshire Clinical Commissioning Group will continue to work hard to ensure that our patients receive the best care possible with an improved CQC rating following the next inspection

"It is with great sadness that we leave but we wish everyone well for the future."

The clinical commissioning group said it had been working with Horsefair Surgery to recruit new GPs to ensure continued care for patients.

Julie Dandridge, head of primary care at Oxfordshire Clinical Commissioning Group said: "OCCG recognises the efforts already made to improve services at Horsefair Surgery over the last few months, and will continue to support the practice to ensure patients get safe, good quality care and to find effective and long lasting solutions to the concerns still highlighted by the CQC

"OCCG recognises the challenges facing general practice across the country which includes the recruitment and retention of GPs but Horsefair Surgery has a clear vision to continue to build on work done so far to support its GPs and other staff to provide high quality patient care

Eric Woodhouse, chairman of the Horsefair Surgery Patient Participation Group said he was confident all the points raised by the CQC inspectors would be addressed.

There will be an open day at the surgery in August.

# Housing group gives tree cheers for 20th

A specially commissioned copper artwork has been unveiled to mark Soha Housing's 20th birthday

Tenants, staff, schools and youth groups who worked with artist Nick Garnett over a series of workshops felt the 'tree of life' denotes the seasons of life growth, renewal and Soha being rooted in the south Oxfordshire community

The artwork was unveiled at the housing associations headquarters on Station Road, Didcot

The birthday celebrations continue with a fun day for residents at Benson Parish Hall between midday and 4pm on July 22

**Soha Housing chief executive Richard Peacock, above, is pictured at the unveiling with Claudia and Emily and youth worker Karen of the Beacon Youth Project**

# Trot along to open day at equine charity

STUDENTS who want the chance to work in the horse racing industry should head to an open day this weekend.

Horse rehoming charity HEROS is working with Abingdon and Witney College to deliver an equine and thoroughbred qualification, starting this September, and is holding the open day on Saturday, from 10am to 2pm.

Courses will involve riding, yard work, and work placements with trainers.

The open day will be held at the charity centre at the Swallows in Wantage. Contact enquiries@abingdonwitney.ac.uk for more details

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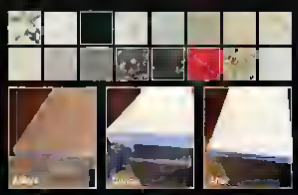

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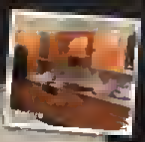

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# Be Nice Bus calls for stop to cyber bullying

Eva Astreinidou: *Reporter*

A CAMPAIGN encouraging young people to be nice online made a stop in Oxford as part of a national tour to tackle bullying.

The pupils at John Henry Newman Academy in Littlemore and West Oxford Community Primary School received a special lesson on Tuesday on how to develop the skills and confidence to become an anti-bullying ambassador.

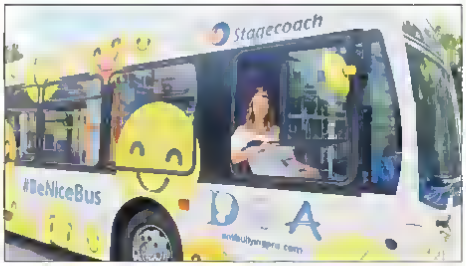
Donated by transport company Stagecoach, the Be Nice bus has embarked on a 12-month journey across schools in the UK where it will reach thousands of school pupils as part of The Diana Award's anti- bullying campaign.

During the project, young people are invited on board to take part in an interactive session to encourage positive online behaviour and are also given advice on the steps to take if they are experiencing online bullying.

At the end of the session, pupils are invited to sign a pledge to mark their commitment to behave online in a way that will not cause offence to others.

Managing director of Stagecoach in Oxfordshire Martin Sutton, said: "Most young people live their lives online.

"This means they are better connected than any previous generation, but unfortunately it can be another platform for bullying to take place. I really hope [the campaign] helps make people think about their behaviour and take responsibility for their actions online."




**Ferne McCann arrives aboard the Be Nice Bus. Picture:** *Stagecoach Oxford*

TV presenter Ferne McCann, who is supporting the campaign, said: "Most people would never dream of trolling but there are people who seem to think they can say what they like online.

"They almost forget that there's a real person on the receiving end of their comments. I am totally behind this campaign and I really hope it will help young people across the country think even more carefully about what they are saying online and the impact it can have on others."

Tessy Ojo, CEO of The Diana Award, said: "We know how powerful young people can be in tackling bullying behaviours both on and offline. We're delighted that in partnership with Stagecoach we will have an opportunity to change attitudes and behaviour to bullying."

The Diana Award was set up in memory of Princess Diana to foster positive change in young people's lives.

# Blenheim reveals palace vision for next 10 years

BLENHEIM Palace has unveiled a 10-year development programme designed to revolutionise the Oxfordshire World Heritage Site.

CEO Dominic Hare, pictured, said the programme includes tripling the estate's contribution to the local economy, housing 300 families in high quality affordable housing, completing a £40mil lion restoration programme and becoming a net generator of green energy.

Other goals will see more than 100 apprentices trained, a doubling of Blenheim Palace's charitable impact on the local community, and the re-purchasing of key historical artefacts which have been lost over generations.

Mr Hare said: "The 10-year plan is a joint initiative devised in consultation with the management team, trustees and the duke. It underpins everything we are doing here at Blenheim Palace and involves everybody and every area of the estate.

"We believe there is no possible vision for a future successful and flourishing Blenheim which does not depend on a flourishing and successful set of communities around it – and the same is true in reverse.

"We have set an ambition to be the economic lifeblood of the area, to enhance the lives of the people in our communities and to sustain, grow and share the precious resources of the estate, the park and the palace."

Mr Hare also wants the estate to be rated among the top 100 employers in the country and to achieve annual paying visitor numbers in excess of 750,000.

He said: "It is a huge undertaking but I have been delighted and immensely encouraged by the positive reaction from staff and people within the local community.

"We are an enterprise with a centuries-old tradition of inventiveness, imagination, and boldness. We believe, today we must continue to marry the decisiveness to act boldly with a considered and long-term view of prosperity – for Blenheim and for the communities we support and who support us."

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# Out&About

Your guide for your leisure time in & around Oxfordshire

## Day of cycling for the whole family

Wallingford's gearing up to host annual festival dedicated to all things bikes

Pages 24&25

Swan upping > p24

Trip around the world > p26

The perfect barbecue > p30

# Schedule for this year's swan upping revealed

The dates and times for this year's swan upping have been announced by the Queen's swan marker David Barber

It will start on Monday, July 17 departing from Sunbury Lock, and will finish at Abingdon Bridge on Friday July 21

Swan upping plays an important role in the conservation of the mute swan and involves the Queen's swan wardens collecting data, assessing the health of young cygnets and examining them for any injuries

Cygnets are extremely vulnerable at this early stage in their development and swan upping affords an opportunity to help both adults and cygnets that might otherwise go untreated.

David said "There has been a consistent decrease in cygnet numbers over recent years and we are very much hoping that we will see a reversal in this trend in 2017

"There have been many reports of large brood numbers on the river

"However, the risks posed to both young cygnets and the adult birds continue to affect the number that survive each year

"In addition to the natural predators the swans face every day there has been a disappointing increase in reported dog attacks that have caused immense and unnecessary suffering and deaths within the mute swan population

"Furthermore, we have had reports of eggs being stolen, nesting swans being attacked by vandals and swans being shot.

"We ask members of the public who walk their dogs in the vicinity of nesting swans or young cygnets to please keep their dogs under control.

"These attacks are so easily avoided and they cause such devastation to the swan population"

The swan uppers will be rowing along the Thames for the five days stopping at various points to tag swans and count them up

They also take the chance to speak to the public about the tradition and the importance of carrying it out.

David continued. "We are delighted to have many primary schools visiting swan upping again this year

"We believe that teaching young children to respect and nurture the wildlife that surrounds them provides a solid foundation for the future conservation and protection of mute swans and other creatures that live on or near our rivers"

**Swan upping estimated times**

**Monday, July 17**
9am - Sunbury Lock Cut
10.45am - Shepperton Lock
12.30pm - Penton Hook Lock
5.30pm - Romney Lock

**Tuesday, July 18**
8.45am - Eton Bridge
9.45am - Boveney Lock
1pm - Boulters Lod
2pm - Cookham Bridge
5.30pm - Marlow Lock

**Wednesday, July 19**
9am Marlow Bridge
10.30am Hurley Lock
12pm - Hambledon Lock
1.30pm - Henley Town
3.30pm - Marsh Lock
5pm - Shiplake Lock
6pm - Sonning Bridge

**Thursday, July 20**
9am - Sonning-on-Thames
10.15am - Caversham Lock
12.15pm - Mapledurham Lock
5pm - Goring Lock
6pm - Moulsford

**Friday, July 21**
9am - Moulsford
10.15am - Benson Lock
1pm - Clifton Hampden Bridge
4.15pm - Culham Lock
5pm - Abingdon Bridge

The Queen's swan marker David Barber

What better way is there to explore the south Oxfordshire countryside than to jump on your bike and start pedalling?

Thousands of people are expected to do just that when the Wallingford Festival of Cycling takes place on Sunday

A packed programme of events has been put together for keen cyclists and social riders alike running throughout the day from the town centre and Kinecroft Park.

The elite programme includes the British Cycling National Junior Championships – new for this year – with races starting and finishing in Wallingford.

But it is not just about watching the professionals with festival organiser Tony Sefton encouraging cyclists of all ages and abilities to come along and take part.

He said. "We are really looking forward to welcoming families to Wallingford.

"As well as the family and child rides that start in the Kinecroft we have a free bike park to allow everyone to ride to the festival and leave their bikes while they explore all that there is to see and do.

"This event is all about participation. If you have a mountain bike or road bike, you can ride one a four signposted and marshalled sportives"

Distances range from a challenging 110km sportive to a five-mile family ride meaning cyclists of all ages and abilities are well catered for

It's not all about lengthy rides out into rural Oxfordshire however, with

Elite racers on the Wallingford street circuit

plenty going on in Wallingford itself to keep everyone entertained.

Kinecroft Park will be host to exciting stunt shows every hour from midday to 4pm, as well as a variety of food stalls and bike shops showcasing their latest cycle merchandise.

You can also head back to the 19th century and try out an old-fashioned penny farthing, as long as you're feeling brave enough! They will be racing later on in the afternoon as well.

Children aged four and over can also enjoy some cycle coaching and a practice race around a grass circuit.

And for those who just fancy watching the experts pound round the streets of Wallingford town centre, five Criterium races for men, women and children will be staged around a 950m course from 1.35pm.

Racing is set to be highly competitive, and will need a loud and enthusiastic crowd as a backdrop.

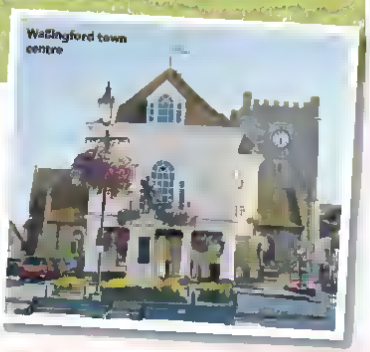
Tracy added: "As the day progresses we will see the race programme start around the dedicated town centre circuit.

"Racers from all over the country will be coming along to try to win on the day.

"But perhaps the highlight is the National Junior Road Race. It will be contested around the roads of south Oxfordshire and finishes in Wallingford, where the national champions will be presented with their jerseys.

"Those jerseys matter. Any senior professionals riding as current national champions in the Tour de France wear them instead of the team jerseys. The 16 to 19-year-olds will be eyeing up the chance to join an elite group."

For more information about the festival, go to wallingfordfestivalofcycling.co.uk.




## Festival programme of events:

**Kinecroft Park**
8am-2pm - 110km sportive
8am-11.15am - 50km sportive
9am-9.15am - Women only start for the sportives
9.15am-12.15pm - 20 mile mountain bike ride
9.30am 11.40am - 11 mile mountain bike ride
10am-4pm - Go Ride children's event
10.30am-12.30pm - Five mile family ride
1pm-4pm - Learn to ride a penny farthing

**Wallingford town centre**
10.20am-1pm - National Junior Men's road race
10.45am-5pm - BMX skills sessions
1.35pm-2.05pm - Midsomer Murders Cup (novice men)
1.45pm-2pm - Junior Men's race presentation
2.10pm-4.45pm - National Junior Women's road race
2.25pm 2.50pm - Youth boys' race
2.50pm - 3.05pm - Finishers' parade
3.10pm-3.35pm - Youth girls' race
3.40pm-4.15pm - Elite men's race
4.15pm-5pm - Penny farthing race
5pm-5.15pm - Junior Woman's race presentation
5.15pm-5.50pm - Elite women's race
5.45pm-6pm - Town centre circuit open for all cyclists

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# On stage

## Electrifying troupe at Playhouse

Award winning acrobats Barely Methodical Troupe make a return to Oxford with their "electrifying" circus show

They bring their new show Kin to the Oxford Playhouse on July 21 and 22. It comes after their successful 2015 international smash hit Bromance.

Britain's hottest young acrobats are back with this exhilarating show which will leave you amazed

The performers' skills and showmanship will leave the audience amazed with their physical tumbling, flying and catching

This experimental troupe fuses hand-to-hand and Cyr wheel with parkour and contemporary dance.

One of UK's hottest circus companies Barely Methodical Troupe are at the forefront of a new kind of physical performance

They create highly entertaining shows that mix the show-stopping acrobatics of circus with the emotional punch of theatre.

This show has been described as a breath-taking display of athleticism, dare and nerve.

Tickets for Kin start at £11.50 available at the Playhouse box office on 01865 305305, or go to oxfordplayhouse.com

## Not long now until Countryfile Live

Countryfile Live will once again return to the grounds of Blenheim Palace from August 3 to 6, bringing the best of the countryside to Oxfordshire

There will be live arena shows, talks and displays of animals, livestock and farming in action.

The event will also allow visitors to try a mix of outdoor activities and sports and browse stalls selling food, drink, artisan design and craft, country clothing, homeware, gardening and pet supplies

Countryfile presenters will also take to the stage in the new Countryfile Theatre to share stories of life on set.

Go to countryfilelive.com.

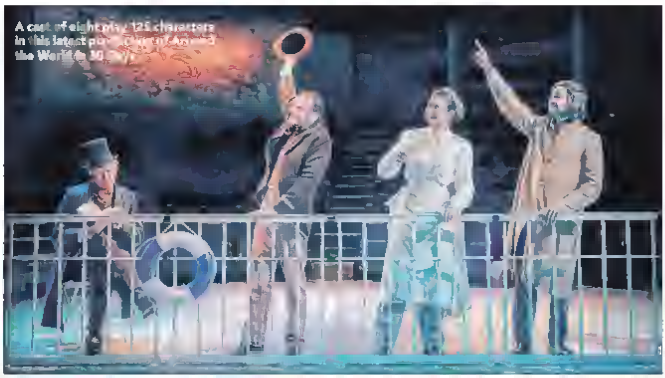
## Chamber players in performance

The Challow Chamber Players will perform in the hall at Challow Park, Challow Road, Wantage on Saturday at 7.30pm.

The Challow Chamber Players, with lead Priscilla Daniels conducted by Graham Blyth and soprano Sarah Barnett perform Benjamin Britten's Les Illuminations for soprano and string orchestra, and Michael Tippett Concerto for Double String Orchestra

Tickets on the door cost £10 for adults and £5 for under 16s.

# Take a seat and travel the world




THEATRE goers are in for a visual treat later this month when Around the World in 80 Days takes to the Oxford stage

This production will open at the Oxford Playhouse from July 25 until 29.

Following the success of last summer's Peter Pan in Scarlet, director Theresa Heskins returns to the Playhouse with her celebrated production of Jules Verne's classic adventure Around the World in 80 Days

Adapted by Laura Eason this fast paced show has been described as a visual treat, which will showcase clever theatrics, hilarious characters and fantastical scenarios all mixed together with a large dollop of your own imagination.

The production tells the story of the mysterious and fabulously wealthy Phileas Fogg, who wagers his life's fortune that he can circumnavigate the globe in just 80 days.

This packed story follows the escapades of Fogg and his loyal valet, Passepartout, as they voyage from the misty alleys of Victorian London to the exotic subcontinent and the Wild West in a race against the clock.

This adventure is underpinned by a bold and uplifting musical score and stars a talented cast of eight playing more than 125 characters.

Featuring six trains, five boats, four flights, three dances, two circus acts and an elephant, this production is not just for young, intrepid explorers with big imaginations – it makes big people feel like little people again too

This show is recommended for children from age seven upwards and is a perfect way for families to kick off the summer holidays

Tickets for Around the World in 80 Days at Oxford Playhouse start at £12 and are available by calling 01865 305305, or through the website, oxfordplayhouse.com.

# Bard's Twelfth Night gets a 1920s' twist

THE dates for one of Oxford's summer highlights – Shakespeare outdoors – have been announced

Oxford Playhouse and the Bodleian Library welcome The Watermill's 50th anniversary production of Twelfth Night from July 25 to August 3

Directed by Paul Hart, who last worked on Propeller Twelfth Night will be performed in the stunning outdoor setting of the Old School's Quadrangle

Deemed to be one of Shakespeare's finest comedies, this Playhouse Plays Out production is brimming full of brass, oozing charisma and is steaming with sultry jazz

Set in the 1920s with Europe reeling in the wake of war Shakespeare's tale of mistaken identity, mischievous mishaps and misplaced love is accompanied by unforgettable live music inspired by the likes of Duke Ellington, Ella Fitzgerald and Louis Armstrong

Twelfth Night was believed to have been written in the early 1600s and centres around twins Viola and Sebastian, who were separated in a shipwreck.

Viola escapes the shipwreck with the help of a captain and believes her brother has perished.

Disguised as a boy she calls herself Cesario. Viola falls in love with Duke Orsino, but he is in love with the Countess Olivia. However upon meeting Viola, Countess Olivia falls in love with her thinking she is a man.

Will love find a way? And what happened to Sebastian? Can there be a happy ending?

Set in the glorious historic setting of the Bodleian Quad, Twelfth Night is brought to life by an ensemble of actor-musicians balancing comedy, romance and music showcasing The Watermill's critically acclaimed bold and playful style

Playhouse Plays Out is Oxford Playhouse's programme of performances happening outside the theatre building across the county – engaging work in unusual settings

Tickets for Twelfth Night start at £22 and are available on 01865 305305 or view oxfordplayhouse.com

*Don't miss...*

# Spotlight on Finn-Kelcey's artwork

THE first posthumous exhibition of works by the acclaimed artist Rose Finn-Kelcey will be staged in Oxford.

Life, Belief and Beyond focuses on Finn-Kelcey's explorations of power, performance, political commentary, and perceptions of the self, belief and spirituality

The exhibition opens at Modern Art Oxford on Saturday and runs until October 15

It presents works from the early 1970s to 2014, including Divided Self-Speaker's Corner from 1974, The Restless Image, a discrepancy between the seen position and the fell position, from 1975, Glory dating from 1983, Bureau de Change of 1987 and It Pays to Pray from 1999

These are presented alongside photographs, collage performance documentation, preparatory material and sketches in progress which have never before been exhibited.

Born in Northampton in 1945, Finn-Kelcey grew up in Buckinghamshire and studied at Ravensbourne College and then at Chelsea College of Art, before embarking on one of Britain's most significant post-war artistic journeys. She continued to live and work in London from 1968 until she died from motor neurone disease in 2014.

Finn-Kelcey's engagement with questions of power and agency was a driving force behind her decision to stage works within public institutions

These included broadcasting corporations, churches, energy supply companies and local government agencies, including her striking flag works such as Fog, flown from Alexandra Palace in 1971, and Power for the People, hoisted briefly at Battersea Power Station in 1972

Her work can be found in national and international collections.

As part of the Oxford exhibition there will be a public programme of workshops and talks

For details, go to modernartoxford.org.uk.

# 11/12/13 AUGUST 2017

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FEATURE

# Keeping cool in your home when it's sizzling outside

It's safe to say that as much as we in Britain look forward to a bit of sunshine whenever it arrives we suddenly find ourselves struggling to keep cool even in our own homes we can feel as though we're walking around in a sauna

Your first instinct may be to throw money at the problem by booking an air conditioner installation service but this may not be the best solution.

Depending on the state of your home there could be several cheaper methods for keeping your home cool in the summer some of which could benefit you all year round.

Stephen Jury spokesperson at Plentific said "When you get home after a hot day in the office the last thing you want is to step inside a warm house Before extreme measures of air conditioning are taken, other smaller and considerably cheaper options are available.

"Here at Plentific, we understand how uncomfortable it can be to feel hot and sticky at home so Plentific com has put together a guide on how to keep your home cool this summer

**Install insulation**

Now you might be suspicious of this one Most of the time we think of insulation as something that keeps our homes warm during winter While it is true that insulation will stop heat from exiting your home it can also help to keep it out

In a nutshell insulation works by preventing the passage of heat typically through walls lofts or roofs. This capability will stop heat from entering into your home during summer while also making it easier to maintain your property's internal temperature.

If you do not have insulation in your home the best place to start will be with a loft insulation installation service

**Tree and ivy planting**

One of the best ways to stay cool this summer will be to give yourself some shade Planting trees in your garden will provide this while also adding variety and beauty to your outdoor space Plant a fruit tree and you'll also have a healthy crop to enjoy in a few years

The disadvantage of this option is that once you have planted a tree it can take a while to pay off An alternative is to grow a seasonal creeping plant, such as ivy, over a wooden trellis or pergola Although this will require more maintenance, it can give you a simple, quick and attractive source of shade that you'll be able to enjoy all summer long

**Get cooking outside**

While it may sound like a bit of a no-brainer a lot of heat in the home is generated in the kitchen. Cooking over a hot stove in the middle of summer can quickly become unbearable so why not take your cooking outside?

While there are plenty of high end barbecue models you could easily create a brick barbecue for yourself if you wanted something that will really impress

If you wanted to take your outdoor cooking a step further, why not speak to a landscape designer about creating an outdoor kitchen?

**Paint it white**

Have you ever been on holiday to the Mediterranean and wondered why everyone paints their homes white? There's a very simple reason white surfaces reflect heat!

Still while a full exterior wall painting job for your property might seem like a simple solution it may not be completely practical partly because you will struggle to gain planning permission for it.

However painting your roof, or even booking a reflective roof installation service, will deflect a great deal of heat from your property

You could also invest in white curtains and blinds to help reflect heat away from your windows

As luck would have it painting your home white has other advantages. It's a fairly neutral colour that holds a lot of universal appeal This could make your home much more appealing when you come to sell it

# Brits spend £200 plus on new holiday gear

Summer is here and it is time for those lazy beach days Thoughts are turning to the summer wardrobe or more specifically, what's inside our summer suitcase.

According to a recent survey of 1 000 holidaymakers conducted by online jewellery site Silver Tree Jewellery it seems the summer holiday wardrobe is something us Brits take very seriously

On average the survey found that we spend £216 26 on new clothes for our summer holiday with 82 per cent of us not setting a budget before we set off to buy those holiday essentials.

As for what we spend the most on in terms of our suitcase buys the survey found that 36 per cent of Brits will pay the most for items of clothing, followed by the actual suitcase itself

It seems airport fashion is just as important to us as looking good at our destination.

Brits are so enthusiastic about looking their best on holiday however that this can end in some undesirable consequences

Indeed, a third (32 per cent) of survey respondents have arrived at an airport with an overweight suitcase.

It seems us Brits are chronic over packers, with respondents claiming that they only wore 55 per cent of the new wardrobe they had spent so much time and effort in purchasing.

In terms of gender divide, it might come as no surprise that it's the female holidaymakers who might be to blame for our burgeoning suitcases

The survey found that 40 per cent of men let their partner pack their holiday suitcases seemingly not as fussed about what they wear on the beach

Oliver Gibson, owner of Silver Tree Jewellery said "It's clear from the survey how much Brits love to treat themselves to a new wardrobe, including jewellery before jetting off on holiday

"With so many holidaymakers not setting a budget before packing, perhaps our new tool will help Brits to pack better before going away!"

And the final statistic to come from the survey?

Thirty per cent of men will be wearing Speedo-type briefs or tight shorts on their summer holidays this year

Holiday destinations beware!

# Pre-war machinery shines at the Bicester Heritage auction event

Brightwells delivered another atmosphere-packed sale amid the sights sounds and smells of the ever popular Flywheel Festival at Bicester Heritage on June 24

Some 90 lots came under the hammer with a larger than usual selection of pre-war machinery on offer 24 of which had been delivered to their first owners before the outbreak of war and over 75 per cent of these found new homes 80 years later

Top price of the day however went to a stunning 1976 Ferrari 308 GTB

Its new owner paid £123 000 for the pleasure of becoming its second owner the first having acquired it direct from Maranello in 1977

One of just 154 built in RHD, and an early dry-sump Vetroresina model to boot it's originality and massive history certainly justified the enthusiastic bidding which took the result way beyond top estimate

Austin Sevens had a good day too with all five finding new homes Two Chummys imported from New Zealand were on offer one yet to be UK registered and one with a V5C sold for £9,900 and £11,660 apiece.

Of the two specials on offer a barn-find creation which had last seen service in the 50s made £6,166 no doubt due to its original Ulster bodywork and a superb 1929 special with pre-war history and Frazer-Nash style front axle made an estimate-busting £19,250

Further strong pre-war results were realised from the 1936 Railton Cobham Saloon, which even with a declared engine noise made £24,756 against an estimate of £15 000 — £16 500

An Australian import Alvis 12/56 with non-original Beetleback body from the 60s, sold well at £33 600 and a wild 1934 Chevrolet special, sporting over 300 hnuvres on its unique polished aluminium body work, but lacking UK paperwork, was sold to an American buyer for £17,600

It is unusual to offer cars manufactured during the war although two were sold after intense bidding battles on both vehicles

The pretty little 1942 Lancia Ardea created a lot of interest, offering what is in effect 90 per cent of an Aprilia for 30 per cent of the cost bidding finally coming to halt at £11,550 The Jeep, also from 1942 had been beautifully restored and was well worth every penny of the £19 800 paid.

For the agricultural enthusiast, the grey Fergie was hotly contested to a near record £5 676, no doubt spurred on by its full engine rebuild, fresh hydraulics and superb paint-finish.

A very smart Riley RMF which was driven to the sale on the hottest day of the year made £16 280 and one of the best BMW 2002Tii we have ever seen flew past top estimate to sell for £27 500 showing that the market will pay for the very best.

Buyers are well versed with the costs of restoration, wisely choosing to pay top price for beautifully restored examples

One such example was the stunning Austin A60 pick-up restored to near perfection even down to splitting the rear tailgate to bring it to as new condition.

One of the surprises of the sale, it was sold for a whisker under £19,800 surely a record for such a model, yet still a fraction of the cost of restoring an also-ran if indeed you could find one

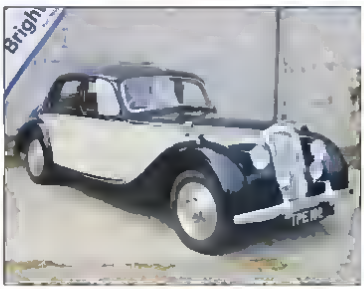
Of the more modern offerings, the Aston Martin DB7 Manual, with 53 000 miles on the clock was hammered away for £24 750 bringing to close another successful day for Brightwells' Classic Car team.

"As usual, we presented a huge diversity of vehicles building on Brightwell s ability to offer something to suit every taste Our team of consignors are truly enthusiastic about what we sell, with a huge range of knowledge and experience from the vintage era right through to the latest cult m modern classics " said Brightwells MD Richard Binnersley

"We were delighted with the results of the sale and we thoroughly enjoyed the whole experience as did the hundreds of enthusiastic bidders who attended.

"The atmosphere created around the Flywheel event, in the magnificent surroundings of Bicester Heritage was truly something to savour and we felt privileged to be playing our own part in the development of this marvellous venue, which is fast becoming the most exciting hub of the classic car movement in Europe".

The prices achieved include buyer s premium



FEATURE

# Top tips for how to cook the perfect barbecue this summer

Knowing the temperature difference between rare and well-done steak, the exact amount of time to cook your chicken and making sure you oil your food instead of the grill are some of the handy tips to help cook the perfect barbecue

Online food retailers Musclefood.com have compiled an idiot-proof guide to cooking the perfect summer barbecue, to help save the public from serving overcooked sausages or raw-in the-middle chicken breasts to their guests

The guide covers all the different components of a barbecue, from how to prep before cooking to the exact temperature different meats need to be so you know when they're grilled to perfection.

Darren Beale, founder of Musclefood.com, said: "Sunny days and barbecues go hand in hand and there is nothing worse than having guests round and serving up overcooked steak and pink chicken.

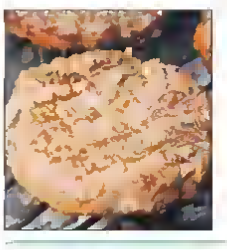
"Different meats and vegetables need to be cooked for different periods of time and at different temperatures. It can be tricky to get everything prepared at the right time without undercooking your chicken or overcooking your steaks

"Timing is everything with your barbecue, whether you're cooking meat or veg. Get the timing and temperatures right, and you'll have a mouth-watering feast."

Here is Musclefood.com's guide to cooking the perfect barbecue:

### The prep

Before you start, make sure you have your two most important tools, a meat thermometer and a timer. Temperatures and timings are the two most crucial elements to ensuring your meat doesn't turn out overcooked or raw



For a charcoal grill, spread it at out at an angle so that you have high and medium heats on each side of your barbecue. Once lit, leave for at least 20 minutes or until the coals are white hot and the flames have reduced.

A great tip for keeping your grill clean is to lightly oil the food instead of the grill. This way you don't have to worry as much about clearing any residue off the grill once you're finished cooking.

### The meat

Timing is everything when it comes to grilling meat, so make sure you accurately keep track of how long everything has been on the barbecue.

Meat only needs to be flipped once, not constantly. Turn halfway through grilling, to get an even cook. Never pierce your meat with a fork or prongs, as this lets out all locked in juices which contain heaps of flavour.

Smoked woodchips are a must if you want to add some serious flavour to your grill. Soak them in cold water for about 30 minutes before placing them on top of your charcoal. Once their flames have reduced, it's ready for cooking.

When cooking red meat, never press down on it with a spatula, as this only further squeezes out the meat's juices.

### Burgers

Cook your burgers on a high heat, as you'll want to sear the outside while keeping the meat in the middle fractionally pink. A burger should be cooked for around nine minutes however if you prefer your burger to be cooked all the way through you may want to leave them for slightly longer. The inside temperature of a well-done burger should be roughly 71°C

If you're adding cheese, move your burger to the cool side of the grill once it's completely cooked, before letting it melt on top for approximately two minutes.

### Steaks

The quality of steak that you purchase is crucial, so if you want your meat to have a much bolder flavour, make sure you buy the leaner cuts that contain less fat.

If you like your steak rare an inner temperature of between 57°C and 60°C is what you're after, whilst a medium cooked steak should be about 65°C. Anything around 71°C is well-done.

Each steak should be cooked for up to five minutes on a high heat before moving to a lower temperature and cook for a further three minutes for rare, six minutes for medium and 12 minutes for well.

### Sausages

A perfectly grilled sausage requires a lot of attention and will need to be rotated between high and medium heats. This means the inside will be completely cooked while the outside is crispy. The ideal inner temperature when cooked through should be 65°C and it should take no more than 20 minutes to reach this.

### Chicken

If you are using chicken fillets, pound the meat before grilling. This makes the chicken flatter, meaning it will cook evenly. Chicken must always be cooked on a medium heat, as grilling on a high heat can leave the inside of the meat raw whilst the outside loses flavour by becoming burnt.

It's best to cook your chicken after the rest of the meat, as the heat levels on your barbecue will have lowered.

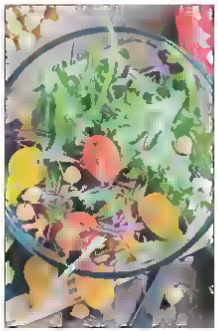
Applied to a direct medium heat, a small chicken breast should approximately take eight to 12 minutes to cook. The perfect temperature for cooked through chicken is 73°C

### The veg

A good trick with vegetables is to make sure they are coated in a thin layer of olive oil, as this will stop them drying out on the grill.

### Onions

Cut your onions into eight even sized pieces and lightly cover with olive oil and salt before grilling. Ten minutes of high heat on your barbecue should be just enough to get your onions soft on the inside but charred on the out.



## Remember to stay healthy

When the sun shines there is nothing like a barbecue or a picnic, but it is easy to get loaded with calories. Buns, pasta salad, ice cream and cocktails can take your lunch/dinner over your daily intake. Here are five tips to keep you on the straight and narrow

**Embrace summer fruits and veg**
Cut up carrots and sweet potato and chuck them on the barbecue and why not throw away the bread and use seasonal lettuce as wraps. Fruit is in abundance – and it can be transformed into ice lollies which is a tasty and fresher alternative to ice cream.

**Drink healthier**
A beer or cider in the garden can finish the day perfectly. And if you are going to indulge, try a light option. They taste just as good – so why not give them a go

**Hydrate often**
Start off your day by drinking two glasses of water and keep drinking at each meal. You'll be less inclined to stuff your face with fatty foods

**Be prepared**
Pack a cooler with ice, bottled water, sandwiches on whole grain breads, pitta chips, hummus, yogurt and lots of fruit. You'll feel healthier and happier after your day at the beach

**Build a better burger**
Create a healthier burger with whole wheat buns, lean meats, and healthy toppings like pineapple and avocado

## Raspberry meringue cake

**Ingredients**
100g butter, at room temperature, plus extra for greasing
300g Golden Caster Sugar
4 medium British Blacktail eggs, separated
2 tsp vanilla extract
2 tbsp milk
150g self-raising flour
½ tsp table salt
50g flaked almonds
300ml whipping cream
200g fresh raspberries
Icing sugar, for dusting

**Method**
1. Preheat the oven to 200°C, gas mark 6. Butter and base line two 20-22cm non-stick cake tins. Using an electric whisk, beat the butter and 100g of the sugar together in a bowl until pale and creamy, then whisk in the egg yolks, vanilla and milk. Sift over the flour and gently fold in. Divide equally between the prepared tins.
2. Using clean beaters, whisk the egg whites in a bowl until they form soft peaks. Gradually beat in the salt and remaining 200g sugar to make a glossy meringue. Spread over the sponge mixture then scatter over the flaked almonds. Bake for 15-20 minutes until golden and set. Leave to cool in the tins.
3. When ready to assemble, remove the cakes from the tins. In a bowl, whisk the cream to form soft peaks. Spoon over one of the cakes and scatter over the raspberries. Top with the second cake and dust lightly with icing sugar before slicing and serving

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FEATURE

# Around Oxford

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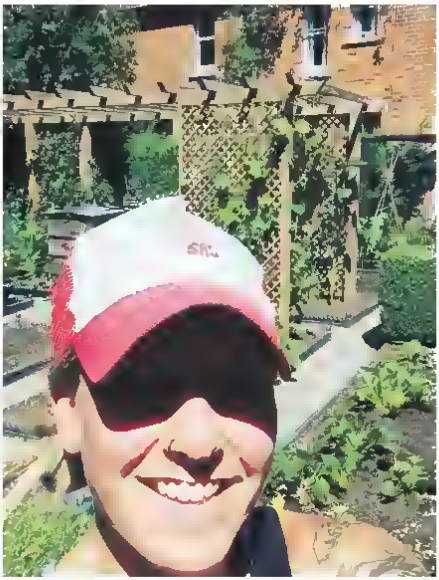

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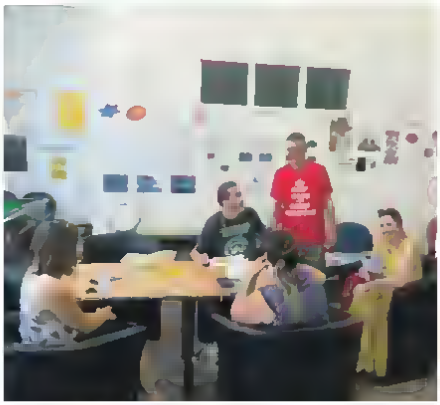

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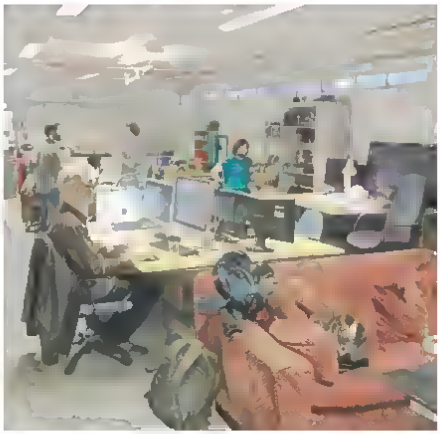

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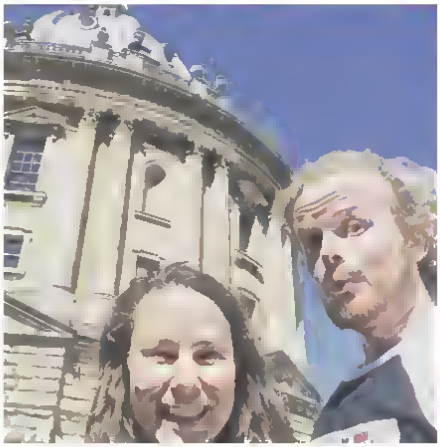


@ACA_THEATRE

@DANCIOXFORD

# 5 of the best...

## On the river

*Summer is here and it is a great time to take advantage of Oxford's waterways*

### Oxford River Cruises

1 Folly Bridge, Oxford OX1 4JU

Oxford River Cruises offers sightseeing tours, picnic and dining river trips and private boat hire in the heart of historic Oxford. Their cruises are designed to suit all tastes from lazy lunchtime get-togethers to elegant dinner

1

### Salters Steamers

Oxford to Abingdon

This is one of the most popular services which starts by Christ Church Meadows and finishes in the picturesque market town of Abingdon

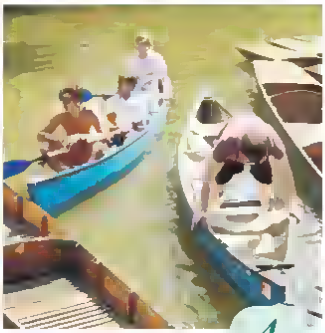
2

### Private chauffeured, row or pedal your own or punting tours

Magdalen Bridge

Situated underneath Magdalen College Tower here you can hire traditionally crafted punts, rowing boats and pedalos or spoil yourself by hiring a chauffeured boat.

3



4

### Cherwell Boathouse

Bardwell Road, Oxford OX2 6ST

Punting is a quintessentially Oxford idyllic pleasure sailing leisurely upstream or down river, trailing fingers in the silky water, admiring the wildlife, picnicking on a river bank.

### Abingdon Bridge Marine

For those who wish to have a more hands-on experience Abingdon Bridge Marine also offers self-drive rowing boats as well as diesel day boats for those who wish to expend less energy

5

PUZZLES

## SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 6 | | 9 | | | 7 | 4 | |
| | | 1 | 5 | | | | 2 | 6 |
| 7 | | | | 4 | | | | 3 |
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| 6 | | 7 | | | 2 | 8 | | |
| | 9 | 2 | | | 8 | | 7 | |

## WORDWHEEL

You have 10 mins to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one 9-letter word to be found.

**How you rate**
5 words, average; 9 words, good; 12 words, very good; 15 or more excellent.

## DOUBLE CROSSWORD

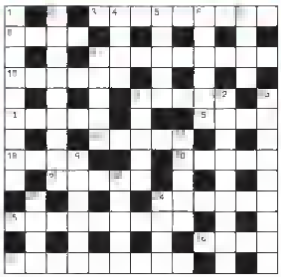
**Cryptic Clues:**

**Across**

3. Abatement of charge in crazy misers (9)
8. Father is at home – but it hurts! (4)
9. Use mathematical instrument to plant a large quadrangle (3,6)
10. Ignore this area (6)
11. Incite to return paper money (3,2)
14. Topic of article to object to (5)
15. Or hacking politician in frolic (4)
16. Memento of derelict mansion (5)
18. How fee was obtained from free flight (4)
20. Wake up – there's nothing in the trick (5)
21. The one beyond a pair (5)
24. Twin-headed sorceress has a spasm (6)
25. Gathered stint and Eastern doctor went first (9)
26. An unhesitating gins were mixed (4)
27. Letting go to tenant again? (9)

**Down**

1. What the lady motorist may need but not want? (5,4)
2. Pick only married people for special treatment? (6,3)
4. Calm when night falls (4)
5. There are no children without this (5)
9. Oe puts np with lethargy (6)
7. They certainly make a row (4)
9. Bores, not being drunk (5)
11. In this way the cover is not hollow (5)
12. Lower in comparison, and unable to nope (3 2 2,2)
13. Mastery means promotion for workmen? (5 4)
17. The line between 100 and 500 contains a lot of people (5)
18. Badly hit the first woman to steal (8)
22. Clothing from 9 Down (5)
23. It lies out with water all round (4)
24. Partly Eastern bird (4)



**Quick Clues:**

**Across**

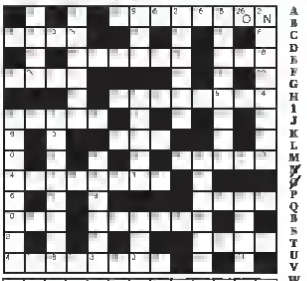
3. Gloomy (9)
8. A paradise (4)
9. Self possession (9)
10. Holiday town (6)
11. Carried on (5)
14. Reception room (5)
15. Trim (4)
16. Sni (5)
18. The aggregate (4)
20. Startle (5)
21. Get lost (5)
24. Particular (8)
25. Divergence (9)
26. Conspiracy (4)
27. Discouragement (9)

**Down**

1. Tiring (9)
2. Stupid (9)
4. Jeer (4)
5. Drive out (5)
8. Make smaller (9)
7. Certain (4)
9. Derrick (5)
11. Faction (5)
12. Open to discussion (9)
13. Arouse (9)
17. Asylum (5)
19. Streak (6)
22. Subsequently (5)
23. Yield (4)
24. Lower (4)

## CODEWORD

Codeword is the crossword puzzle with no clues. The number in each square corresponds to a letter. Work out the words in the grid using the letters provided. Fill in these known letters first. Then use skill and judgement to work out the others.




## LAST WEEK'S SOLUTIONS

**DOUBLE CROSSWORD**

**Cryptic:** Across: 1 Pope; 3 Moribund, 8 Open, 9 Distract, 11 Presentment, 13 Retain, 14 Adjust, 17 Accidentally 20 In one way 21 Anew 22 Outlying; 23 Eddy
Down, 1 Prospers; 2 Present; 4 Opinate; 5 Intimidate; 6 Unsen, 7 Date; 12 Definitely; 12 Stay away 15 Unloved, 18 Sagain, 18 Cecil, 19 Lieka.

**Quick:** Across: 1 Dire; 3 Reassurance 8 Lift, 9 Commerce; 11 Genefolness; 13 Tenure, 14 Floral; 17 Withstanding; 20 Overflow; 21 Diva; 22 Discloser; 23 Agent.
Down, 1 Delegate; 2 Refrain; 4 Cruets; 5 No-man's-land, 7 Marks; 7 Chef; 10 Delightful, 12 Staggard; 15 Rolling; 18 Sloops 18 Lleas; 19 Mend.

**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 4 | 1 | 3 | 2 | 7 | 5 | 9 | 8 |
| 3 | 5 | 8 | 4 | 6 | 9 | 7 | 1 | 2 |
| 9 | 2 | 7 | 1 | 5 | 8 | 3 | 6 | 4 |
| 2 | 9 | 5 | 8 | 7 | 1 | 4 | 2 | 6 |
| 7 | 3 | 6 | 2 | 9 | 4 | 8 | 5 | 1 |
| 8 | 1 | 4 | 5 | 3 | 6 | 9 | 7 | 3 |
| 4 | 7 | 2 | 6 | 8 | 5 | 1 | 3 | 9 |
| 1 | 6 | 3 | 9 | 4 | 2 | 6 | 8 | 7 |
| 5 | 8 | 9 | 7 | 1 | 3 | 2 | 4 | 5 |

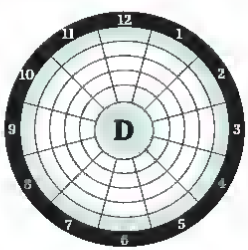
**CODEWORD**

1=I, 4=S, 3=T, 6=H, 5=Z, 8=J, 7=E, 9=R, 10=L, 11=D, 12=Q, 13=K, 14=B, 15=E, 18=N, 17=G, 18=M, 19=O, 20=W, 21=F, 22=V, 23=A, 24=H, 25=C, 26=X.

**WORD WHEEL**
BORDERING.

## CLOCKWORD

The solutions from 1 to 12 are all six letter words ending with the letter D in the centre. Moving clockwise from 1, the letters in the outer circle will spell out the name of a former Coronation Street actress.



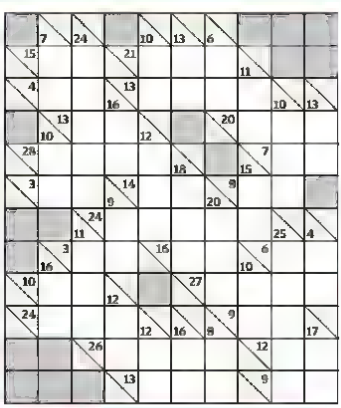

1. Ridiculous
2. Capital of Spain
3. Loved
4. Bowed
5. Rushed
6. Frightened
7. Slow song
8. Nut
9. Give in gratitude
10. Prompt
11. Mean
12. Surpass

## KAKURO

Fill in the white squares with the numbers 1 to 9.

Each horizontal block of squares must add up to the number in the shaded square to its left, and each vertical block must add up to the number in the shaded square above it.

No number may be used more than once in any one block.



## SPLIT DECISION

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

## NINER

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---|---|---|---|---|---|---|---|---|
| | | | | | | | | |

**THE CLUES:**

**12465** gives part of a river;
**79428** gives a bay,
**34881** gives lots of water.

## SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 6 | | 8 | 1 | | | |
| | | | 9 | | 4 | | | |
| 2 | | 9 | | | | 3 | | |
| | 4 | | | 2 | | | 8 | 3 |
| 1 | | | | | | | | 6 |
| 7 | 6 | | 4 | | | 9 | | |
| | | 8 | | | | 5 | | 9 |
| | | | 3 | | 5 | | | |
| | | | 8 | 6 | | 2 | | |

## LAST WEEK'S SOLUTIONS

**CLOCKWORD**
1 Nudist, 2 Invest, 3 Claret, 4 Outlet, 5 Locust, 6 Expert 7 Kuwait, 8 Intent, 9 Detest, 10 Musket, 11 Absent, 12 Nugget.

**CELEBRITY** Nicole Kidman.

**NINER.**
REICHSTAG

**KAKURO**

**SUDOKU.**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 8 | 5 | 8 | 2 | 3 | 6 | 7 | 4 |
| 2 | 3 | 7 | 6 | 1 | 4 | 8 | 5 | 9 |
| 4 | 9 | 6 | 5 | 9 | 7 | 3 | 2 | 1 |
| 7 | 4 | 9 | 2 | 6 | 5 | 9 | 1 | 3 |
| 9 | 5 | 8 | 7 | 4 | 1 | 2 | 6 | 8 |
| 6 | 2 | 1 | 3 | 8 | 9 | 5 | 4 | 3 |
| 3 | 7 | 2 | 4 | 5 | 8 | 1 | 9 | 5 |
| 8 | 1 | 3 | 5 | 7 | 2 | 4 | 3 | 6 |
| 6 | 8 | 4 | 1 | 9 | 6 | 7 | 3 | 2 |

**SPLIT DECISION:**

| | | | | |
|---|---|---|---|---|
| P | L | U | M | P |
| O | | S | | U |
| S | T | U | M | P |
| T | | A | | P |
| S | I | L | L | Y |

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~~WAS £565~~
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**2 door wardrobe**

~~WAS £995~~
UPPER LEVEL PRICE **£725**

**Bedside 3 drawer**

~~WAS £175~~
UPPER LEVEL PRICE **£139**

**Large sideboard**

~~WAS £695~~
UPPER LEVEL PRICE **£465**

**Dining table & chairs**

~~Table WAS £395~~ ~~Chair WAS £135~~
UPPER LEVEL PRICE **£235** UPPER LEVEL PRICE **£105**

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# Thursday July 13th

EastEnders 7.30pm

Mock the Week, 10pm

James Martin's French Adventure, 8.30pm

The Crystal Maze Celebrity Special 9pm

Money's Too Tight to Mention On Benefits, 8pm

| | BBC1 | BBC2 | ITV | Channel 4 | Channel 5 |
|---|---|---|---|---|---|
| DAYTIME | **6.00 Breakfast** (S) **9.15 Right on the Money** (S) **10.00 Homes Under the Hammer** (S) **11.00 Neighbourhood Blues** (S)(R) **11.45 Rip Off Britain: Holidays** (S)(R) **12.15 Bargain Hunt** (S)(R) **1.00 BBC News at One; Weather** (S) **1.30 BBC Regional News and Weather** (S) **1.45 Wimbledon 2017** (S) **6.00 BBC News at Six; Weather** (S) **6.30 BBC Regional News and Weather** (S) | **6.00 The TV That Made Me** (S)(R) **6.30 Right on the Money** (S)(R) **7.15 Bargain Hunt** (S)(R) **8.00 Sign Zone Horizon: 10 Things You Need to Know About the Future** (S)(R) **9.00 Victoria Derbyshire** News and current affairs. (S) **11.00 BBC Newsroom Live** The latest breaking news. (S) **11.30 Daily Politics** (S) **12.30 Wimbledon 2017** Coverage from the All England Club. (S) | **6.00 Good Morning Britain** (S) **8.30 Lorraine** (S) **9.25 The Jeremy Kyle Show** (S) **10.30 This Morning** (S) **12.30 Loose Women** (S) **1.30 ITV News** (S) **1.55 ITV Regional News** (S) **2.00 Judge Rinder** (S)(R) **3.00 David Dickinson's Name Your Price** (S) **3.59 ITV Regional Weather** (S) **4.00 Tipping Point** (S)(R) **5.00 The Chase** (S)(R) **6.00 ITV Regional News** (S) **6.30 ITV Evening News; Weather** (S) | **8.35 Frasier** (S)(R) **10.05 Undercover Boss USA** (S)(R) **11.00 A Place in the Sun: Winter Sun** (S)(R) **12.00 Channel 4 News** (S) **12.05 Couples Come Dine with Me** (S)(R) **1.05 Posh Pawnbrokers** (S)(R) **2.10 Countdown** (S) **3.00 A Place in the Sun: Winter Sun** (S)(R) **4.00 Best of Both Worlds** (S) **5.00 Four in a Bed** (S)(R) **5.30 Come Dine with Me** (S)(R) **6.00 The Simpsons** (S)(R) **6.30 Hollyoaks** (S) | **6.00 Milkshake! 9.15 The Wright Stuff 11.15 House Doctor** (S)(R) **12.10 5 News Lunchtime** (S) **12.15 Big Brother** (S)(R) **1.10 Access** (S) **1.15 Home and Away** (S) **1.45 Neighbours** (S) **2.15 NCIS** (S)(R) **3.15 FILM Stranger in an Amish Town** (2014) (12) (S) **5.00 5 News at 5** (S) **5.30 Neighbours** (S)(R) **6.00 Home and Away** (S)(R) **6.30 5 News Tonight** (S) |
| 7 | **7.00 The One Show** Hosted by Alex Jones and Kevin Duala. (S) **7.30 EastEnders** Steven grows increasingly paranoid. (S) BBC News, Regional News (S) | | **7.00 Emmerdale** Debbie has to choose where her loyalties lie. **7.30 Eat, Shop, Save** New series. Helping families get fitter and eat better. (S) | **7.00 Channel 4 News** (S) | **7.00 Police Interceptors** Jim and the team take to the road to spring a trap on suspected drug dealers. (S)(R) 5 News (S) |
| 8 | **8.00 The Sheriffs Are Coming** Officers deal with squatters who have barricaded themselves inside a south London building. (S) | **8.00 Today at Wimbledon** Clare Balding introduces highlights of the 10th day's play at the All England Club. (S) | **8.00 Emmerdale** Aaron starts self harming. (S) **8.30 James Martin's French Adventure** (S) | **8.00 Who Wants My Council House?** Documentary following five households looking to swap their council house. (S) | **8.00 Money's Too Tight to Mention On Benefits** A couple who think their house is haunted. Last in the series. (S) 5 News Update (S) |
| 9 | **9.00 Who Do You Think You Are?** Craig Revel Horwood returns to his native Australia to find out more about his grandparents' families. (S) | **9.00 Horizon: Dippy and the Whale** Documentary following the Natural History Museum's replacement of its famous dinosaur skeleton cast in the entrance hall. (S) | **9.00 Killer Women with Piers Morgan** Piers hears the story of Ashley Humphrey, who in 2003 shot dead barmaid Sandee Rozzo. (S) | **9.00 The Crystal Maze: Celebrity Special** Richard Ayoade guides Andrea McLean, Spencer Matthews, Tom Allen, Stacey Solomon and Joe Swash around the four zones. (S) | **9.00 Circus Kids: Our Secret World** Fifteen-year-old aerialist Imogene is offered a job at Russell's Circus. (S) |
| 10 | **10.00 BBC News at Ten** (S) **10.30 BBC Regional News and Weather** (S) **10.45 Murdered for Being Different** Fact-based drama. (S) | **10.00 Mock the Week** With James Acaster, Tom Allen, Ed Byrne, Nish Kumar and Tiff Stevenson. (S) **10.30 Newsnight** (S) | **10.00 ITV News; Weather** (S) **10.30 ITV Regional News; Weather** (S) **10.45 The Late Debate** News and events at Westminster. (S) | **10.00 Naked Attraction** Adele from Scotland and Jack from Manchester are invited to choose a potential new partner based on their naked bodies. (S) | **10.00 Big Brother** Daily round-up of highlights, featuring the latest tasks, games, arguments, laughs, diary room visits and bedroom chit chat. Narrated by Marcus Bentley. (S) |
| 11 | **11.45 This Week** The past seven days in politics. (S) | **11.10 Weather** (S) **11.15 The Drug Trial: Emergency at the Hospital** (S)(R) | **11.10 Fearless** The US air force lets Emma meet in secret with Logan. (S)(R) | **11.05 Real, Fake or Unknown** Proving the authenticity of internet phenomenal videos. (S) | **11.05 Big Brother's Bit on the Side** Rylan Clark-Neal presents the BB companion show. (S) |
| AFTER 12 | **12.35 Weather for the Week Ahead** (S) **12.40 BBC News** (S) | **12.15 Sign Zone: The Week the Landlords Moved In** (S)(R) **1.15** Supercharged Otters: Natural World (S)(R) **2.15** This Is BBC Two (S) | **12.10 Jackpot247 3.00** Eat, Shop, Save (S)(R) **3.25** ITV Nightscreen **5.05** The Jeremy Kyle Show (S)(R) | **12.10 First Dates** (S)(R) **1.05** Bizarre ER (S) **1.55** One Born Every Minute (S)(R) **2.50** Epidemic: When Britain Fought Aids (S)(R) **3.45** The Supervet (S)(R) **4.35** Secrets of Britain's New Homes: Channel 4 Dispatches (S)(R) | **12.05 SuperCasino** (S) **3.10** The Hotel Inspector (S)(R) **4.00** Now That's Funny! (S)(R) **4.45** House Doctor (S)(R) **5.10** Great Artists (S)(R) **5.35** Wildlife SOS (S)(R) |

# DIGITAL

## ITV2 SKY 118 FV 6
**6.00** The Vamps: The Hot Desk **6.10** You've Been Framed! Gold **6.35** Vanderpump Rules **7.20** The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Coronation Street **9.00** You've Been Framed! Gold **9.35** Scorpion **10.25** Below Deck **11.25** Vanderpump Rules **12.20** Emmerdale **12.55** Coronation Street **1.30** You've Been Framed! Gold **2.00** The Ellen DeGeneres Show **2.50** The Jeremy Kyle Show **5.00** Judge Rinder **6.00** Ultimate You've Been Framed! Gold **7.00** 100% You've Been Framed! Gold **8.00** Two and a Half Men **9.00** Love Island **10.00** CelebAbility **10.50** Family Guy **12.15** American Dad! **1.10** Two and a Half Men **1.40** Mom **2.30** Teleshopping

## ITV3 SKY 119 FV 10
**7.30** Where the Heart Is **8.25** Wild at Heart **9.30** Judge Judy **10.50** Rising Damp **11.20** Heartbeat **12.25** Wild at Heart **1.30** ITV Racing: Live from Newmarket **4.00** Man About the House **4.35** On the Buses **5.00** George and Mildred **6.35** The Corrie Years **6.05** Heartbeat **7.05** Murder, She Wrote **8.05** Endeavour **10.00** Law & Order UK **11.00** Wire in the Blood **1.40** Wycliffe **2.00** George and Mildred **2.30** Teleshopping

## BBC4 SKY 116 FV 9
**7.00** 100 Days+; Weather **7.30** The Sky at Night **8.00** Castles: Britain's Fortified History **9.00** Decorating Disaster: A Timewatch Guide **10.00** Atlantis: The Evidence **11.00** The Bermuda Triangle: Beneath the Waves **12.00** Infested! Living with Parasites **1.00** Everyday Eden: A Potted History of the Suburban Garden **2.00** Castles: Britain's Fortified History **3.00** Decorating Disaster: A Timewatch Guide **4.00** Close

## E4 SKY 136 FV 28
**6.00** Hollyoaks **6.30** Coach Trip **7.00** Made in Chelsea **8.00** Brooklyn Nine-Nine **9.00** Melissa & Joey **10.00** Baby Daddy **11.00** How I Met Your Mother **12.00** New Girl **1.00** Brooklyn Nine-Nine **2.00** The Big Bang Theory **3.00** How I Met Your Mother **4.00** New Girl **5.00** 2 Broke Girls **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** The Goldbergs **8.00** The Big Bang Theory **8.30** Kevin Can Wait **9.00** New Girl **10.00** First Dates UK **11.00** The Big Bang Theory **12.00** Gogglebox **1.00** Rude Tube **2.00** First Dates USA **2.50** First Dates Abroad **3.10** Kevin Can Wait **3.35** New Girl **4.10** How I Met Your Mother **4.45** Baby Daddy

## MORE4 SKY 138 FV 14
**10.00** Four in a Bed **12.40** A Place in the Sun: Summer Sun **2.50** Time Team **4.55** Car SOS **5.55** The Supervet **7.55** Grand Designs **9.00** Outlander **10.15** 24 Hours in Police Custody **11.20** 24 Hours in A&E **12.20** Ramsay's Kitchen Nightmares USA **1.20** 24 Hours in Police Custody **2.20** Grand Designs **3.20** 8 Out of 10 Cats **4.00** Close

## FILM4 SKY 315 FV 15
**12.35** Arabian Nights (1942) (PG) **2.15** Santa Fe (1951) (U) **4.00** Down to the Sea in Ships (1949) (PG) **6.35** The Best Exotic Marigold Hotel (2011) (12) **9.00** Dawn of the Planet of the Apes (2014) (12) **11.35** Killing Them Softly (2012) (18) **1.30** The Bling Ring (2013) (15) **3.20** Close

## DAVE SKY 111 FV 12
**6.00** Home Shopping **7.00** Deadly 60 **8.10** American Pickers **9.00** Storage Hunters **10.00** American Pickers **12.00** Deadly 60 **1.00** Top Gear **3.00** Objects **4.00** Steve Austin's Broken Skull Challenge **5.00** Top Gear **7.00** Sin City Motors **8.00** Dara O Briain's Go 8 Bit **9.00** Not Going Out **10.20** Not Going Out: The Out Takes **11.00** Mock the Week **11.40** QI **2.00** Mock the Week **2.40** 8 Out of 10 Cats **3.10** Suits **4.00** Home Shopping

## DRAMA SKY 158 FV 20
**10.00** All Creatures Great and Small **11.00** The Bill **1.00** Last of the Summer Wine **1.40** Waiting for God **2.20** Birds of a Feather **3.00** Dangerfield **4.00** Monarch of the Glen **5.00** All Creatures Great and Small **6.00** Waiting for God **6.40** Last of the Summer Wine **7.20** Keeping Up Appearances **8.00** Hetty Wainthropp Investigates **9.00** New Tricks **10.00** Jonathan Creek **12.40** Birds of a Feather **1.20** Spooks **3.10** Garden Hopping **4.00** Home Shopping

## SKY1 SKY 106
**6.00** It's Me or the Dog **10.00** Nothing to Declare **11.00** Sanctuary **12.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Stargate Atlantis **5.00** Modern Family **6.00** Futurama **6.30** The Simpsons **7.30** Pixar's Greatest Moments **9.00** Dogs: An Amazing Animal Family **10.00** A League of Their Own: US Road Trip 2.0 **11.00** The Simpsons **12.00** The Force: Manchester **1.00** Brit Cops: Rapid Response **2.00** Hawaii Five-0 **3.00** Nothing to Declare **4.00** RSPCA Animal Rescue **5.00** Highway Cops

## SKY ATLANTIC SKY 108
**6.00** The British **7.00** Storm City **9.00** Urban Secrets **10.00** The West Wing **11.00** Without a Trace **1.00** CSI: Crime Scene Investigation **2.00** Blue Bloods **3.00** Fish Town **4.00** The West Wing **6.00** Without a Trace **7.00** CSI: Crime Scene Investigation **8.00** Blue Bloods **9.00** Riviera **10.00** Game of Thrones: The Story So Far **11.30** Thronecast: War Room **12.30** Riviera **1.30** Westworld **2.40** Nurse Jackie **4.00** The West Wing

## W SKY 109
**6.10** Judge Faith **7.00** My Dream Home **8.00** My Family **10.00** The Bill **11.00** Tipping Point **1.00** Jamie's 30 Minute Meals **2.00** MasterChef USA **3.00** Who Do You Think You Are? **4.00** My Family **6.00** Tipping Point **7.00** One Born Every Minute **8.00** MasterChef USA **9.00** One Born Every Minute **10.00** The Catherine Tate Show **10.30** EastEnders **11.20** One Born Every Minute **12.20** The Catherine Tate Show **1.00** Traffic Cops **2.00** MasterChef Australia **3.00** Home Shopping

## GOLD SKY 110
**7.20** The Flight Files **8.20** Ever Decreasing Circles **9.00** The Brittas Empire **9.40** Last of the Summer Wine **11.40** Ever Decreasing Circles **12.20** The Brittas Empire **1.00** Porridge **1.40** Open All Hours **2.20** The Vicar of Dibley **3.00** Fawlty Towers **3.40** Last of the Summer Wine **5.40** Porridge **6.20** Open All Hours **7.00** The Vicar of Dibley **7.40** Fawlty Towers **8.20** The Thin Blue Line **9.00** Come Fly with Me **9.40** Gavin & Stacey **10.20** Live at the Apollo **11.20** Mrs Brown's Boys **12.00** The Young Ones **12.45** Live at the Apollo **1.50** French and Saunders **2.25** Big School **2.55** French and Saunders **3.25** Little Britain **4.00** Home Shopping

## SKY SPORTS 1 SKY 401
**6.00** Football Gold **7.00** WWE Smackdown Hits **8.00** Premier League Legends **9.00** Premier League World **9.30** Premier League 100 Club **10.00** Premier League Years **12.00** Football's Greatest Teams **1.00** Great Sporting Moments **2.00** Premier League Legends **3.00** Spanish Football Gold **3.30** Football Gold **4.00** Football's Greatest Players **5.00** Premier League 100 Club **6.00** Premier League Legends **6.30** Football's Greatest Teams **7.00** Live Betfred Super League **10.30** Sky Sports Racing Golf **11.00** Premier League Legends **12.00** Premier League 100 Club **1.00** Football's Greatest Teams **2.00** Premier League Years

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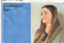
# Friday July 14th

## BBC1




**DAYTIME**

**6.00 Breakfast** (S) **9.15 Right on the Money** (S) **10.00 Homes Under the Hammer** (S)(R) **11.00 Neighbourhood Blues** (S)(R) **11.45 Big Oil Britain: Holidays** (S)(R) **12.15 Bargain Hunt** (S) **1.00 BBC News at One; Weather** (S) **1.30 BBC Regional News and Weather** (S) **1.45 Wimbledon 2017** (S) **6.00 BBC News at Six; Weather** (S) **6.30 BBC Regional News and Weather** (S)

**7**
**7.00 The One Show** (S)
**7.30 Would I Lie to You?** With Nadiya Hussain, Diane Morgan, Bob Mortimer and Michael Smiley. (S)(R) BBC News (S)

**8**
**8.00 EastEnders** Lauren prepares to wave goodbye to Walford. (S)
**8.30 Count Arthur Strong** A treat for Michael turns into a battle for survival. Last in the series.

**9**
**9.00 Peter Kay's Comedy Shuffle** The comedian shines a light on dieting. (S)
**9.30 Mrs Brown's Boys** Agnes falls under a hypnotist's spell. (S)(R)

**10**
**10.00 BBC News at Ten** (S)
**10.25 BBC Regional News;** (S) National Lottery Update (S)
**10.35 Not Going Out** Lucy criticises Frank over his abilities as a babysitter. (S)(R)

**11**
**11.05** FILM **Blades of Glory (2007)** (12) Comedy, with Will Ferrell and Jon Heder. (S)

**AFTER 12**
**12.35 Weather for the Week Ahead** (S) **12.40 BBC News** (S)

## BBC2

**6.00 The TV That Made Me** (S)(R) **6.30 Right on the Money** (S)(R) **7.15 Bargain Hunt** (S)(R) **8.00 Sign Zone Gardeners' World** Rachel de Thame investigates how gardeners can aid honey bee conservation. (S)(R) **9.00 Victoria Derbyshire** News and current affairs. (S) **11.00 BBC Newsroom Live** (S) **11.30 Daily Politics** (S) **12.30 Wimbledon 2017** Coverage of day 11 at the All England Club. (S)

**8.00 Today at Wimbledon** Clare Balding and guests look back at the men's singles semi-finals and preview tomorrow's ladies' singles final. (S)

**9.00 BBC Proms 2017** New series. Part two of two. Katie Derham introduces further coverage of the First Night of the Proms from London's Royal Albert Hall. (S)

**10.00 Frankie Boyle's New World Order** The comedian tries to make sense of the modern world. Last in the series. (S)
**10.30 Newsnight** (S)

**11.00 Weather** (S)
**11.05 Top of the Lake** (S)(R)

**12.05 Top of the Lake** (S)(R) **1.05 Sign Zone: Britain's Food & Farming: The Brexit Effect – Panorama** (S)(R) **1.35 The Passengers That Took on the Train Line** (S)(R) **2.35 Born Too White** (S)(R) **3.35 This Is BBC Two** (S)

## ITV

**6.00 Good Morning Britain** (S) **8.30 Lorraine** (S) **9.25 The Jeremy Kyle Show** (S) **10.30 The Morning** (S) **12.30 Loose Women** (S) **1.30 ITV News** (S) **1.55 ITV Regional News** (S) **2.00 Judge Rinder** (S)(R) **3.00 David Dickinson's Name Your Price** (S) **3.59 ITV Regional Weather** (S) **4.00 Tipping Point** (S)(R) **5.00 The Chase** (S)(R) **6.00 ITV Regional News** (S) **6.30 ITV Evening News; Weather** (S)

**7.00 Emmerdale** Debbie tries to downplay her attraction to Ross.
**7.30 Coronation Street** Sarah and Gary beg Mel to tell the police all she knows. (S)

**8.00 The Secret World of Posh Pets** A woman considers purchasing a micro pig. (S)
**8.30 Coronation Street** (S)

**9.00 Benidorm** The Dawson family claims the loungers left vacant by the Garveys, while resort boss Joyce Temple Savage is desperate for new staff. (S)(R)

**10.00 ITV News;** Weather (S)
**10.30 ITV Regional News;** Weather (S)
**10.40 The Eubanks** A look at how Chris Eubank Jr is preparing for his bout against Arthur Abraham. (S)

**11.10 Joanna Lumley's India** Joanna visits the Maharaja of Dungarpur. (S)(R)

**12.10 Tipping Point** (S)(R) **1.00 Jackpot247 3.00 Storage Hoarders** (S)(R) **3.50 ITV Nightscreen**

## Channel 4

**10.35 Frasier** (S)(R) **11.00 A Place in the Sun: Winter Sun** (S)(R) **12.00 Channel 4 News** (S) **12.05 Couples Come Dine with Me** (S)(R) **12.55 Formula 1 British Grand Prix Practice 2 Live** (S) **3.00 A Place in the Sun: Winter Sun** (S)(R) **4.00 Best of Both Worlds** (S) **5.00 Four in a Bed** (S)(R) **5.30 Come Dine with Me** (S)(R) **6.00 The Simpsons** (S)(R) **6.30 Hollyoaks** (S)

**7.00 Channel 4 News** (S)
**7.30 World Para Athletics Championships London 2017** The evening session on day one of the Championships. (S)

**10.00 The Last Leg** Adam Hills, Alex Brooker and Josh Widdicombe reflect on the highs and lows from the World Para Athletics Championships, currently taking place in London. (S)

**11.05 Naked Attraction** Adele from Scotland and Jack from Manchester are invited to choose a potential new partner. (S)(R)

**12.10 The Windsors** (S)(R) **12.40 8 Out of 10 Cats** (S) **1.25** FILM **Vampires Suck (2010)** (12) (S) **2.45 The Handmaid's Tale** (S)(R) **3.40 Shipping Wars UK** (S)(R) **4.20 Location, Location, Location** (S)(R) **5.10 Selling Houses with Amanda Lamb** (S)

## Channel 5

**6.00 Milkshake! 9.15 The Wright Stuff 11.15 House Doctor** (S)(R) **12.10 5 News Lunchtime** (S) **12.15 Big Brother** (S)(R) **1.10 Access** (S) **1.15 Home and Away** (S) **1.45 Neighbours** (S) **2.15 NCIS** (S)(R) **3.10** FILM **A Surrogate's Terror (2014)** (12) Drama, starring Caene Steele. (S) **5.00 5 News at 5** (S) **5.30 Neighbours** (S)(R) **6.00 Home and Away** (S)(R) **6.30 5 News Tonight** (S)

**7.00 Cricket on 5** England v South Africa. Highlights of the opening day's play in the Second Test of the four-match series. (S) 5 News Update (S)

**8.00 Lip Sync Battle: Vic Reeves v Johnny Vegas** The two comedians compete. (S)(R) 5 News Update (S)
**8.30 The Barbara Windsor Story** Tribute to the actress, exploring her rise to fame in the 1960s as the star of the Carry On films and later renaissance in the 1990s as EastEnders' indomitable landlady. (S)

**10.00 Big Brother: Live Eviction** Emma Willis announces the latest housemate to get the boot and chats to them about their whole Big Brother experience. (S)

**11.30 Big Brother's Bit on the Side** Rylan Clark-Neal meets the latest evictee. (S)

**12.15 SuperCasino** (S) **3.10 Big Brother: Eviction** (S)(R) **4.20 Lip Sync Battle: Vic Reeves v Johnny Vegas** (S)(R) **4.45 House Doctor** (S)(R) **5.10 Great Artists** (S)(R) **5.30 Wildlife SOS** (S)(R)

# DIGITAL

### ITV2 SKY 118 FV 6

**6.00** Busted: The Hot Desk **6.10** You've Been Framed! Gold **6.35** Vanderpump Rules **7.20** The Ellen DeGeneres Show **8.00** Emmerdale **9.00** You've Been Framed! Gold **9.30** Scorpion **10.20** Below Deck **11.25** Vanderpump Rules **11.20** Emmerdale **1.30** You've Been Framed! Gold **2.00** The Ellen DeGeneres Show **2.50** The Jeremy Kyle Show **5.00** Judge Rinder **6.00** You've Been Framed! Top 100 Kids **7.00** You've Been Framed! Gold **8.00** Two and a Half Men **9.00** Love Island **10.05** Celebrity Juice: Keith's Birthday Party **10.50** Family Guy **11.15** American Dad! **1.10** CelebAbility **1.55** Totally Bonkers Guinness World Records **2.25** Teleshopping **5.55** ITV2 Nightscreen

### ITV3 SKY 119 FV 10

**6.00** Man About the House **6.25** Heartbeat **7.30** Where the Heart Is **8.30** Wild at Heart **9.30** Judge Judy **10.00** Rising Damp **11.25** Heartbeat **12.20** Wild at Heart **1.30** ITV Racing: Live from Newmarket & York **4.00** Man About the House **4.30** On the Buses **5.00** George and Mildred **5.35** The Cannon Years **6.00** Heartbeat **7.05** Murder, She Wrote **8.00** Doc Martin **9.00** The Street **10.20** Law & Order: UK **11.20** Wire in the Blood **1.20** Prime Suspect IV **3.00** Mr Selfridge **4.00** Long Lost Family **4.00** George and Mildred **5.15** On the Buses **5.40** ITV3 Nightscreen

### BBC4 SKY 116 FV 9

**7.00** World News Today; Weather **7.30** Top of the Pops: 1984 **8.00** BBC Proms 2017 **9.00** Tales from the Tour Bus: Rock 'n' Roll on the Road **10.00** Great Guitar Riffs at the BBC **11.00** Joy of the Guitar Riff **12.00** Top of the Pops: 1984 **11.30** Tales from the Tour Bus: Rock 'n' Roll on the Road **1.30** Great Guitar Riffs at the BBC **2.35** Joy of the Guitar Riff **3.35** Close

### E4 SKY 136 FV 28

**6.00** Hollyoaks **6.30** Coach Trip **7.00** Made in Chelsea **8.00** Brooklyn Nine-Nine **9.00** Melissa & Joey **10.00** Baby Daddy **11.00** How I Met Your Mother **12.00** New Girl **1.00** Brooklyn Nine-Nine **2.00** The Big Bang Theory **3.00** How I Met Your Mother **4.00** New Girl **5.00** 2 Broke Girls **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** The Goldbergs **8.00** The Big Bang Theory **9.00** FILM Star Trek (2009) (12) Sci-fi adventure, starring Chris Pine and Zachary Quinto. **11.35** The Big Bang Theory **12.25** Gogglebox **1.30** Rude Tube **2.30** First Dates **3.25** Tattoo Fixers **4.15** How I Met Your Mother **4.38** Baby Daddy

### MORE4 SKY 138 FV 14

**8.55** A Place in the Sun: Summer Sun **10.00** Four in a Bed **12.40** A Place in the Sun: Summer Sun **2.00** Time Team **4.55** Car SOS **5.55** The Supervet **7.55** Grand Designs **9.00** Double Crime Reporter **11.00** 24 Hours in A&E **1.00** Ramsay's Kitchen Nightmares USA **2.00** Grand Designs **3.10** 8 Out of 10 Cats **3.00** Close

### FILM4 SKY 315 FV 15

**11.00** The Colditz Story (1954) (U) **1.00** Stalag 17 (1953) (PG) **3.20** 20 Million Miles to Earth (1957) (PG) **5.00** The Man from Laramie (1955) (U) **7.15** Europa Report (2013) (12) **9.00** The Transporter (2002) (15) **10.45** X-Men: First Class (2011) (12) **1.20** Young Detective Dee: Rise of the Sea Dragon (2013) (12) **4.00** Close

### DAVE SKY 111 FV 12

**6.00** Home Shopping **7.00** Deadly 60 **8.10** American Pickers **9.00** Storage Hunters **10.00** American Pickers **11.00** Deadly 60 **1.00** Top Gear **3.00** Brojects **4.00** Steve Austin's Broken Skull Challenge **5.00** Top Gear **7.00** Sin City Motors **8.00** Traffic Cops **9.00** QI XL **10.00** Would I Lie to You? at Christmas **10.40** Would I Lie to You? **11.20** Would I Lie to You? The Unseen Bits **12.00** FILM Training Day (2001) (18) **2.20** Would I Lie to You? **3.00** Would I Lie to You? at Christmas **3.35** The Indestructibles **4.00** Home Shopping

### DRAMA SKY 158 FV 20

**7.05** The Bill **8.00** Dangerfield **9.00** Monarch of the Glen **10.00** All Creatures Great and Small **11.00** The Bill **1.00** Last of the Summer Wine **1.40** Waiting for God **2.20** Birds of a Feather **3.00** Dangerfield **4.00** Monarch of the Glen **5.00** All Creatures Great and Small **6.00** Waiting for God **6.40** Last of the Summer Wine **7.20** Keeping Up Appearances **8.00** New Tricks **9.00** WPC 56 **10.10** Jonathan Creek **11.30** Hetty Wainthropp Investigates **1.00** Birds of a Feather **1.35** Spooks **4.00** Home Shopping

### SKY1 SKY 106

**6.00** Road Wars **6.00** Zoo Tales **8.00** It's Me or the Dog **10.00** Nothing to Declare **11.00** Sanctuary **12.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Stargate Atlantis **5.00** Modern Family **6.00** Futurama **6.30** The Simpsons **8.00** Modern Family **9.00** Zoo **10.00** The Force: North East **11.00** Ross Kemp: Extreme World **12.00** Karl Pilkington: The Moaning of Life **1.00** Brit Cops: Rapid Response **2.00** Hawaii Five-0 **3.00** Nothing to Declare **4.00** RSPCA Animal Rescue **5.00** Highway Cops

### SKY ATLANTIC SKY 108

**6.00** Storm City **9.00** Urban Secrets **10.00** The West Wing **12.00** Without a Trace **1.00** CSI: Crime Scene Investigation **2.00** Blue Bloods **3.00** Fish Town **4.00** The West Wing **6.00** Without a Trace **7.00** CSI: Crime Scene Investigation **8.00** Blue Bloods **9.00** Game of Thrones **1.10** Deadwood **3.05** Nurse Jackie **4.00** The West Wing

### W SKY 109

**6.10** Judge Faith **7.00** My Dream Home **10.00** The Hit **11.00** Tipping Point **1.00** Jamie's 30 Minute Meals **2.00** MasterChef USA **3.00** Who Do You Think You Are? USA **4.00** My Family **6.00** Tipping Point **7.00** One Born Every Minute **9.00** FILM Jackie Brown (1997) (15) Crime drama, starring Pam Grier. **12.10** EastEnders **11.50** MasterChef Australia **2.30** Judge Faith **3.00** Home Shopping

### GOLD SKY 110

**7.20** The Piglet Files **8.20** Ever Decreasing Circles **9.00** The Brittas Empire **9.40** Last of the Summer Wine **1.00** Porridge **1.00** Open All Hours **2.25** The Vicar of Dibley **3.40** Last of the Summer Wine **5.40** Porridge **6.20** Open All Hours **7.00** The Vicar of Dibley **7.00** Fawlty Towers **8.20** Some Mothers Do 'Ave 'Em **9.00** Black Books **9.40** Gavin & Stacey **10.20** Mrs Brown's Boys **11.40** Bottom **1.00** Spaced **2.10** Bill Hicks: One Night Stand **2.45** The Armando Iannucci Shows **3.10** Spaced **4.00** Home Shopping

### SKY SPORTS 1 SKY 401

**6.00** Good Morning Sports Fans **9.00** Betfred Super League Highlights **9.15** World Club Challenge Gold **9.30** Great Sporting Moments **9.45** Formula 1 **11.00** Great Sporting Moments **12.15** Premier League Legends **12.45** Formula 1 **3.00** Football's Greatest Players **3.30** Star Sixes Football **7.10** Live Star Sixes Football: Coverage of day two of the six-a-side tournament at The O2 in London **10.40** Football's Greatest Players **11.40** Football Gold **12.00** Betfred Super League Highlights **11.10** Super League Gold **11.30** Star Sixes Football **4.00** Live Super Rugby

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## Saturday July 15th

### BBC1

Pitch Battle 7.30pm

**DAYTIME**

6.00 Breakfast (S) **10.00 Saturday Kitchen Live** (S) **11 30 Mary Berry Cooks** (S)(R) **12.00 BBC News**, Weather (S) **12.15 Bargain Hunt** (S)(R) **1.00 Wimbledon 2017** Sue Barker presents coverage of the ladies' singles final. (S) **6.25 BBC News** (S) **6 35 BBC Regional News, Weather** (S) **6.45 Pointless Celebrities** Various stars from the soap world take part in the unorthodox quiz show. (S)(R)

**7**

7 30 **Pitch Battle** Mel Giedroyc presents the fifth heat of the choral contest. Postponed from Saturday 8th July. (S)

**8**

**9**

9.00 **Casualty** Part one of two. Iain spots a chance to bring Scott to justice after Mickey is injured and brought to the ED. (S)

9 50 **BBC News; Weather** (S) National Lottery Update (S)

**10**

10.10 **FILM Die Hard with a Vengeance** (1995) (15) Action thriller sequel, with Bruce Willis, Samuel L Jackson and Jeremy Irons. (S)

**11**

**AFTER 12**

12.10 **Weather for the Week Ahead** (S) **12 15** BBC News (S)

### BBC2

Today at Wimbledon 8pm

8.05 **FILM A Walk in the Sun** (1945) (12) (S) **10 00 Monty Halls' Great Irish Escape** (S)(R) **11 00 Wimbledon Wheelchair Finals** (S) **12 30 Hairy Bikers' Best of British** (S)(R) **1 15 FILM Forbidden Planet** (1956) (U) (S) **2 55 Wanted Down Under** (S)(P) **3 40 Natural World Tiger Island** (S)(R) **4.40 Flog It!** (S)(R) **5.25 Gardeners' World** (S)(P) **6 25 Wimbledon 2017** (S)

8.00 **Today at Wimbledon** Clare Balding presents highlights of the day's play, where the ladies singles final was the main attraction on Centre Court. (S)

9.00 **Imagine: Chris Ofili – The Caged Bird's Song** Alan Yentob catches up with Turner Prize-winning painter Chris Ofili. (S)

10 00 **Mock the Week** Quiz show, with Dara O Briain. (S)(R)

10.30 **QI XL** With guests Cariad Lloyd, Dermot O Leary and Phill Jupitus. (S)

11.15 **Live at the Apollo** Stand-up comedy with Josh Widdicombe, Nathan Caton and Celia Pacquola. (S)(P)

11 45 **Golf: Scottish Open** (S)

12 45 **FILM Salvage** (2009) (18) Horror, starring Neve McIntosh. (S)

2.00 This is BBC Two (S)

### ITV

Catchphrase 6.45pm

6.00 CITV **8.25 ITV News** (S) **8 30 Weekend** (S) **9 25 The Voice Kids** (S)(P) **10.50 FILM Harry Potter and the Prisoner of Azkaban** (2004) (PG) (S) **1.25 ITV News** Weather (S) **1.35 ITV Racing: Live from Newmarket** (S) **5.00 Paul O Grady: For the Love of Dogs** (S)(P) **5 30 Little Big Shots USA** (S) **6.25 ITV Regional News**, Weather (S) **6.35 ITV News** (S) **6.45 Catchphrase** (S)

7 30 **The Voice Kids Semi-Final** The 12 remaining contestants enter the semi-finals. (S)

9.30 **ITV News;** Weather (S)

9.45 **FILM Inception** (2010) (12) Premiere. Sci-fi thriller, starring Leonardo DiCaprio and Ellen Page. (S)

12 30 **The Chase** (S)(R) **1 25** Jackpot247 **3 00** Who's Doing the Dishes? (S)(R) **3 50** ITV Nightscreen

### Channel 4

World Para Athletics Championships London 2017 7pm

**8 50 F1 Meets Claire Williams** (S)(R) **9 20 F1 Meets Toto Wolff** (S)(P) **9 55 Formula 1 British Grand Prix Practice 3** (S) **11 25 F1 Meets Nigel Mansell** (S) **11 55 Formula 1 British Grand Prix Qualifying Live** (S) **2 30 World's Most Expensive Cars** (S) **3.30 A Place in the Sun: Winter Sun** (S)(P) **4.35 Big House, Little House** (S) **5 35 Kirstie and Phil's Love It or List It** (S)(R) **6.50 Channel 4 News** (S)

7.00 **World Para Athletics Championships London 2017** Coverage of the evening session on day two of the Championships. (S)

10 00 **FILM The Hunger Games** (2012) (12) Sci-fi adventure starring Jennifer Lawrence and Josh Hutcherson. (S)

12 45 **Ramsay's Hotel Hell** (S)(R) **1 35** 60 Days in Jail (S)(P) **2 25** Hollyoaks (S) **4.25** Ackley Bridge (S)(R) **5 20** Location, Location, Location (S)(R)

### Channel 5

FIA Formula E: New York 10pm

**6 00 Milkshake! 10 15 Teenage Mutant Ninja Turtles** Tokka turns up looking for her child Chompy. (S) **10 50 Pets Make You Laugh Out Loud 2** (S)(R) **11 10 Police Interceptors** Barry Peach outsmarts a disqualified driver. (S)(R) **12 10 Bargain-Loving Brits in the Sun** (S)(P) **2.05 The Nightmare Neighbour Next Door** (S)(R) **4 00 Can't Pay? We'll Take It Away** (S)(P) **6 55 5 News Weekend** (S)

7 00 **Cricket on 5** England v South Africa. Highlights of the second day's play in the Second Test of the four-match series. (S)

8 00 **Blind Date** Paul O Grady plays cupid for a 50-year-old Post Office manager from Bournemouth. (S)

9 00 **Big Brother** Daily round-up of highlights, featuring more games, arguments, laughs, diary room visits and bedroom chit chat, as well as reactions to the latest eviction. (S)

10 00 **FIA Formula E: New York** The first New York ePrix race. Action from the first of two races staged at the Brooklyn Street Circuit in New York. (S)

11 30 **Criminals: Caught on Camera** The use of CCTV to tackle shoplifters. (S)(R)

12 00 **SuperCasino** (S) **3 10 FILM Sniper** (1993) (15) Action thriller with Billy Zane. (S) **4.50** Great Artists (S)(P) **5 15** Wildlife SOS (S)(P) **5.40** Angelo on Jams (S)(P) **5 50** Roary the Racing Car (S)(R)


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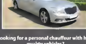

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## DIGITAL

### ITV2 SKY 118 FV 6

**6.00** Emmerdale **8.00** Coronation Street **11.10** Take Me Out **12.20** The Voice Kids **1.50** You've Been Framed! Gold: The Next Generation **2.58** FILM The Smurfs (2011) (U) Fantasy comedy, starring Neil Patrick Harris **3.55** FYI Daily **4.00** FILM The Smurfs (2011) (U) Concluded **5.00** FILM St Trinian's 2: The Legend of Fritton's Gold (2009) (PG) Comedy sequel, starring Rupert Everett **6.00** FYI Daily **6.05** FILM St Trinian's 2: The Legend of Fritton's Gold (2009) (PG) Concluded **7 10** FILM Gravity (2013) (12) Thriller, starring Sandra Bullock and George Clooney **8.10** FYI Daily **8.15** FILM Gravity (2013) (12) Concluded **9.00** Love Island: The Weekly Hot List **10.00** Celebrity Juice: Massive Election Special **10.30** Family Guy **11.20** American Dad! **1.15** FILM Scary Movie 4 (2006) (15) Spoof horror sequel, starring Anna Faris **2.15** FYI Daily **2 20** FILM Scary Movie 4 (2006) (15) Concluded **2.45** Teleshopping **5.45** ITV2 Nightscreen

### ITV3 SKY: 119 FV: 10

**6.00** George and Mildred **6.25** Murder, She Wrote **8.20** The Darling Buds of May **9.30** The Casebook of Sherlock Holmes **11.50** Goodbye Mr Chips **1.55** Wycliffe **3.00** Lewis **6.05** Agatha Christie's Marple **9.00** Foyle's War **11.00** Law & Order: UK **2.00** ITV3 Nightscreen **2.20** Teleshopping

### BBC4 SKY 116 FV: 9

**7 00** Britain's Lost Waterlands: Escape to Swallows and Amazons Country: Presenters Dick Strawbridge and Professor Alice Roberts explore the British landscapes that inspired author Arthur Ransome to write his famous series Swallows and Amazons. **8.00** The Last Seaboard Summer? **9 00** I Know Who You Are **11.20** Top of the Pops: 1984 **11.55** TOTP2: Boy Bands **12.50** Rollermania: Britain's Biggest Boy Band **1.50** The Richest Songs in the World **3.25** TOTP2: Boy Bands **4.20** Close

### E4 SKY: 136 FV 28

**6.00** Rude(ish) Tube **6.30** Kevin Can Wait **6.55** New Girl **7 25** The Goldbergs **8.25** Couples Come Dine with Me **10.30** How I Met Your Mother **1.00** The Goldbergs **5.00** FILM 101 Dalmatians (1996) (U) Disney comedy adventure remake, starring Glenn Close **5.00** The Big Bang Theory **9 00** FILM Salt (2010) (12) Action thriller, starring Angelina Jolie. **11.00** Gogglebox **1.00** Tattoo Fixers **2.10** Rude Tube: OMFG **3.00** Gogglebox **4.00** New Girl **4.25** How I Met Your Mother **5 10** Rude(ish) Tube

### MORE4 SKY 138 FV 14

**6.55** Food Unwrapped **8.30** The Yorkshire Dales and the Lakes **10.30** A Place in the Sun: Summer Sun **2.45** Come Dine with Me **5.25** Four in a Bed **8.00** The Queen's Mother-in-Law **9.00** Prince Philip: The Plot to Make a King **10 05** It Was Alright in the 1970s **11.10** 8 Out of 10 Cats Does Countdown **1 15** Father Ted **1.50** It Was Alright in the 1970s **4.00** Close

### FILM4 SKY 315 FV: 15

**11.00** Night Passage (1957) (U) Western, starring James Stewart. **1.00** Baggage Claim (2013) (12) Romantic comedy with Paula Patton. **2.50** Tooth Fairy (2010) (PG) Family comedy, starring Dwayne Johnson. **4.50** A League of Their Own (1992) (PG) Baseball comedy drama, starring Geena Davis **7.20** Men in Black II (2002) (PG) Sci-fi comedy sequel, starring Will Smith and Tommy Lee Jones **9.00** X-Men: Days of Future Past (2014) (12) Superhero time travel adventure, starring Hugh Jackman. **11.35** Evil Dead (2013) (18) Horror remake, starring Jane Levy **1.30** The Duke of Burgundy (2014) (18) Drama, starring Sidse Babett Knudsen and Chiara D'Anna. **3.00** Close

### DAVE SKY 111 FV 12

**7 00** Home Shopping **7 10** Lizard Lick Towing **7.50** Steve Austin's Broken Skull Challenge **8.30** Top Gear **9.30** Projects **10.30** Dara O Briain's Go 8 Bit **11.30** Go 8 Bit: DLC **12 00** The Joy of Techs **1 00** Red Bull Soapbox Race 2017: London **3.00** Top Gear **7.00** Not Going Out **9.00** FILM Heat (1995) (15) Crime thriller, starring Robert De Niro and Al Pacino. **12.35** QI XL **2.30** Mock the Week **4.00** Home Shopping

### DRAMA SKY 156 FV 20

**7 10** Birds of a Feather **7.45** The Last Detective **11.00** Sharpe **1.00** When the Boat Comes In **3.00** Porridge **7 00** Hetty Wainthropp Investigates **8.00** Miss Fisher's Murder Mysteries **9.00** Taggart **10.40** Waking the Dead **1.10** Ain't Misbehavin' **4.00** Home Shopping

### SKY1 SKY 106

**6.00** Ashley Banjo's Secret Street Crew **8.00** Football's Funniest Moments **8.30** The F1 Show **5 00** NCIS: Los Angeles **2.00** Dogs: An Amazing Animal Family **3.00** It's Me or the Dog **4.30** Modern Family **7 00** Golf's Funniest Moments **8.00** Duck Quacks Don't Echo **9.00** A League of Their Own: US Road Trip 2.0 **10.00** Karl Pilkington: The Moaning of Life **11.00** Hawaii Five-0 **11.00** A League of Their Own **1.00** Ross Kemp: Extreme World **2.00** Night Cops **3.00** Most Daring **4.00** It's Me or the Dog **5.00** RSPCA Animal Rescue

### SKY ATLANTIC SKY 108

**6.00** The Guest Wing **6.00** Richard E Grant's Hotel Secrets **8.00** Storm City **10 00** Fish Town **11.00** FILM Dinosaur 13 (2014) (PG) The true story of one of history's greatest dinosaur discoveries. **1.00** House **4.00** Without a Trace **9.00** Game of Thrones **12.00** Riviera **1.00** Twin Peaks: The Return **2.10** Nurse Jackie **4.00** Urban Secrets

### W SKY 109

**11.00** EastEnders **2.20** Tipping Point: Lucky Stars **5.20** My Family **6.00** One Born Every Minute **9.00** FILM Election (1999) (15) Satirical comedy, starring Matthew Broderick and Reese Witherspoon **11.00** Criminal Minds: Beyond Borders **11.00** Louis Theroux: America's Most Dangerous Pets **1.00** MasterChef Australia **2.10** The Storm **3.00** Home Shopping

### GOLD SKY 110

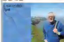
**7.10** The Piglet Files **8.00** Some Mothers Do 'Ave 'Em **8.40** Last of the Summer Wine **10.00** Porridge **4.00** Open All Hours **3.20** Mrs Brown's Boys **10.00** Live at the Apollo **11.00** The Young Ones **12.35** Black Books **1.45** The Mighty Boosh **2.50** Garth Marenghi's Darkplace **3.20** The Young Ones **4 00** Home Shopping

### SKY SPORTS 1 SKY 401

**6.00** Live Super Rugby: Sunwolves v Blues (kick-off 4.05am) **6.10** Live Super Rugby: Chiefs v Brumbies (kick-off 6.15am) **8.15** Rugby Gold **8.20** Live Super Rugby: Hurricanes v Crusaders (kick-off 8.35am) **10.30** Live Super Rugby: Force v Waratahs (kick-off 10.45am) **12.45** Live Star Sixes Football: Coverage of day three of the six-a-side tournament at The O2 in London. **4.15** Live Super Rugby: Sharks v Lions (kick-off 4.15pm). **6.10** Super Rugby Gold **6.15** Football's Greatest Players **6.45** Premier League Legends **7.15** Live Star Sixes Football: Further coverage of day three of the six-a-side tournament at The O2 in London. **10.30** Formula 1 **11.00** Spanish Football Gold **12 00** Premier League 100 Club **12.30** Star Sixes Football **3.40** Football's Greatest Players **4.45** Football Gold

# Sunday July 16th

## BBC1



**DAYTIME**

**6.00 Breakfast** (S) **9.00 The Andrew Marr Show** The week's talking points. (S) **10.00 Sunday Morning Live** (S) **11.00 Sunday Politics** Presented by Andrew Neil. (S) **12.15 BBC News; Weather** (S) **12.30 Bargain Hunt** (S)(R) **1.00 Wimbledon 2017** (S) **1.50 Wimbledon 2017** Coverage of the men's singles final. (S) **6.30 BBC News** (S) **6.50 BBC Regional News, Weather** (S)

**7.00 Countryfile** Ellie Harrison visits a Scottish island that is home to the largest puffin colony on Britain's east coast. (S)

**8.00 Fake or Fortune?** Fiona Bruce and art experts Philip Mould and Bendor Grosvenor come to the aid of a man who has inherited three paintings. (S)(R)

**9.00 Poldark** Ross and Demelza help Dwight to recover from his traumatic imprisonment in France, while George tries to force Morwenna into marriage to further his political ambitions.

**10.00 BBC News** (S)
**10.20 BBC Regional News; Weather**
**10.30 Would I Lie to You?** With Margie Adam-Pocock, Phil Wang, Jason Watkins and Adam Woodyatt. (S)(R)

**11.00 The Week the Landlords Moved In** (S)(R)

**AFTER 12**

**12.00 Weather for the Week Ahead** (S) **12.05 BBC News** (S)

## BBC2

**8.30 Saturday Kitchen Best Bites** (S) **11.00 Wimbledon Wheelchair Finals** (S) **12.30 Nigel Slater: Eating Together** (S)(R) **1.00 Hairy Bikers' Best of British** (S)(R) **1.45** FILM **Father of the Bride Part II** (1995) (PG) (S) **3.25 Wanted Down Under** (S) (R) **4.10 Meerkats: Secrets of an Animal Superstar** (S)(R) **5.10 Songs of Praise** (S) **5.45 Flog It!** (S)(R) **6.30 Wimbledon 2017** (S)

**8.00** FILM **The Lone Ranger** (2013) (12) Western, starring Armie Hammer and Johnny Depp. Edited for daytime broadcast. (S)

**10.20 Today at Wimbledon** Clare Balding and guests look back at highlights of the men's singles final, where the third Grand Slam title of the year was set to be decided. (S)

**11.20 Golf: Scottish Open** Eilidh Barbour presents highlights of the final round of the European Tour event. (S)

**12.20 Athletics: Diamond League Rabat Highlights** (S) **1.20 Sign Zone Countryfile** (S)(R) **2.15 Holby City** (S)(R) **3.15 This Is BBC Two** (S)

## ITV

**10.25 Britain's Best Walks with Julia Bradbury** (S)(R) **10.55 Love Your Garden** (S)(R) **11.55 ITV News; Weather** (S) **12.10 James Martin's French Adventure** (S)(R) **12.40 The Voice Kids Semi-Final** (S)(R) **2.40 Bear Grylls Survival School** (S)(R) **3.10** FILM **For Your Eyes Only** (1981) (PG) (S) **5.40 ITV Regional News** Weather (S) **5.55 ITV News** (S) **6.10 The Celebrity Chase** (S)

**7.10 The Voice Kids Final** Emma Willis presents the grand final of the talent contest. Last in the series. (S)

**9.00 The Loch** A body is pulled from the Loch and a photograph in his wallet provides a vital clue. Albrighton continues to pursue his theory, putting his life on the line. Last in the series. (S)

**10.00 ITV News,** Weather (S)
**10.20 Judge Rinder's Crime Stories** Barrister Robert Rinder examines the case of a boy who was kept as a slave for 13 years. (S)(R)

**11.20 Take Me Out** Would-be Romeos from Croydon, Swansea, Essex and Leeds try to win dates by winning the approval of a pool of 30 single women. (S)(R)

**12.30 Jackpot247 3.00** Motorsport UK (S) **3.50** ITV Nightscreen **5.05** The Jeremy Kyle Show (S)(R)

## Channel 4

**6.15 Last Man Standing** (S) **7.05 Everybody Loves Raymond** (S)(R) **8.00 Frasier** (S)(R) **9.00 Sunday Brunch** (S) **12.00 Formula 1 British Grand Prix Live Build-Up** (S) **12.35 Formula 1 British Grand Prix Live** (S) **3.10 Formula 1 British Grand Prix Live Reaction** (S) **4.20 World's Most Expensive Cars** (S) **5.35 The Restoration Man** (S)(R) **6.20 Channel 4 News** (S)

**7.00 World Para Athletics Championships London 2017** Coverage of the evening session on day three of the Championships. (S)

**9.30 The Handmaid's Tale** The Commander takes Offred on a surprising adventure that reveals one of Gilead's best-kept secrets, and Nick is recruited by the Sons of Jacob. (S)

**10.25 8 Out of 10 Cats Does Countdown** Jonathan Ross, Lee Mack and Victoria Coren Mitchell join regulars Jon Richardson and Jimmy Carr. (S) (R)

**11.35** FILM **The Lincoln Lawyer** (2011) (15) Thriller, with Matthew McConaughey and Marisa Tomei. (S)

**1.45 The World's Weirdest Weather** (S)(R) **2.40** The Last Leg (S)(R) **2.35** KOTV Boxing Weekly (S) **4.00** Gillette World Sport (S) **4.30** Mobil 1 The Grid (S)(R) **5.00** Location, Location, Location (S)(R) **5.50** 3rd Rock from the Sun (S)(R)

## Channel 5

**6.00 Milkshake! 10.05 Teenage Mutant Ninja Turtles** (S) **10.40 Make You Laugh Out Loud** (S)(R) **11.05 Kittens Make You Laugh Out Loud** (S)(R) **12.00 Naughty Dogs Make You Laugh Out Loud** (S)(R) **12.55 Cats Make You Laugh Out Loud 4** (S)(R) **1.00** FILM **Racing Stripes** (2004) (U) (S) **3.45** FILM **Alvin and the Chipmunks** (2007) (U) (S) **6.30 FIA Formula E Live** (S)

**7.10 Cricket on 5** England v South Africa. (S)

**8.00 That's the 1981** An entertaining look at the year. (S)(R)
**8.55 5 News Weekend** (S)

**9.00 Big Brother** Daily round-up of highlights, featuring the latest tasks, games, arguments, laughs, diary room visits and bedroom chit-chat. Narrated by Marcus Bentley. (S)

**10.00** FILM **21 Jump Street** (2012) (15) Comedy inspired by the 1980s TV series, starring Jonah Hill and Channing Tatum. Includes 5 News Update at 11pm. (S)

**11.00 5 News Update**
**11.05** FILM **21 Jump Street** (2012) (15) Concluded. (S)

**12.15 OMG! Boy Beauty Addicts** (S) **1.10** SuperCasino (S) **3.10** Little Divas: Tantrums & Tiaras (S)(R) **4.00** Britain's Greatest Bridges (S)(R) **4.50** Great Artists (S)(R) **5.15** Wildlife SOS (S)(R) **5.40** Angels of Jarm (S)(R) **5.50** Roary the Racing Car (S)(R)

# DIGITAL

## ITV2 SKY 116 FV 6

**6.00** You've Been Framed! Gold **6.20** Emmerdale **9.25** Coronation Street **11.00** Ninja Warrior UK **12.00** FILM: Babe (1995) (U) Family comedy, starring James Cromwell **1.50** FYI Daily **2.00** FILM: Babe (1995) (U) Concluded **2.40** The Voice Kids Semi-Final **4.40** FILM: Cats & Dogs: The Revenge of Kitty Galore (2010) (U) Comedy sequel, starring Chris O'Donnell **5.40** FYI Daily **5.45** FILM: Cats & Dogs: The Revenge of Kitty Galore (2010) (U) Concluded **6.20** FILM: The Amazing Spider-Man (2012) (12) Superhero adventure reboot, starring Andrew Garfield **7.20** FYI Daily **7.25** FILM: The Amazing Spider-Man (2012) (12) Concluded **9.00** Love Island **10.00** Love Island: Aftersun **11.05** Family Guy **12.30** American Dad **1.20** Totally Bonkers Guinness World Records **1.55** Planet's Funniest Animals **2.10** Teleshopping **5.45** ITV2 Nightscreen

## ITV3 SKY 119 FV 10

**6.00** George and Mildred **6.25** Inspector Morse **8.30** Heartbeat **10.40** Murder, She Wrote **11.00** The Darling Buds of May **12.50** Wycliffe **1.00** Foyle's War **4.00** Agatha Christie's Marple **6.00** The Booze Cruise II **10.00** Law & Order: UK **12.00** Wire in the Blood **2.25** May the Best House Win **5.05** Rising Damp **5.30** ITV3 Nightscreen

## BBC4 SKY 118 FV 9

**7.00** Lucy Worsley: Mozart's London Odyssey Presenters Dick Strawbridge and Professor Alice Roberts explore the British landscapes that inspired author Arthur Ransome to write his famous series Swallows and Amazons. **8.00** BBC Proms 2017 **10.00** John Denver: Country Boy **11.00** Horizon: Asteroids: The Good, the Bad and the Ugly **12.00** Dissected: The Incredible Human Hand **1.00** Britain's Whale Hunters: The Untold Story **2.00** Atlantis: The Evidence **3.00** Lucy Worsley: Mozart's London Odyssey **4.00** Close

## E4 SKY 136 FV 28

**6.00** Rude(ish) Tube **6.30** Couples Come Dine with Me **8.30** Hollyoaks **11.00** FILM: Space Chimps 2: Zartog Strikes Back (2010) (U) Animated sci-fi comedy sequel with the voice of Zack Shada **12.40** Rude(ish) Tube Shorts **1.00** The Goldbergs **3.00** The Big Bang Theory **6.00** The Crystal Maze: Celebrity Special **9.00** FILM: Speed (1994) (15) Action thriller, starring Keanu Reeves. **11.20** Rude Tube **12.25** Gogglebox **1.25** Tattoo Fixers **2.20** 8 Out of 10 Cats **3.10** The Goldbergs **3.20** Hollyoaks

## MORE4 SKY 138 FV 14

**8.55** Location, Location, Location **12.05** Come Dine with Me **2.45** Four in a Bed **5.20** Come Dine with Me **7.55** The Secret Life of the Zoo **6.55** Father Ted **9.30** World Para Athletics Championships London 2017 Concluding coverage of the evening session on day three of the Championships. **10.05** Micky Flanagan's Out Out Tour **11.05** 24 Hours in A&E **12.15** Ramsay's Kitchen Nightmares USA **2.10** 24 Hours in A&E **3.10** 8 Out of 10 Cats **4.00** Close

## FILM4 SKY: 315 FV 15

**11.00** The Wackiest Ship in the Army (1960) (U) Second World War comedy, starring Jack Lemmon. **1.00** Ice Age: Dawn of the Dinosaurs (2009) (U) Animated adventure sequel, with the voice of John Leguizamo. **2.45** Carry On Spying (1964) (U) Comedy, starring Kenneth Williams. **4.30** The Jewel of the Nile (1985) (PG) Comedy adventure sequel, starring Michael Douglas and Kathleen Turner. **6.35** Grease (1978) (PG) Romantic musical, with John Travolta and Olivia Newton-John. **9.00** Men in Black 3 (2012) (PG) Sci-fi comedy sequel, starring Will Smith. **11.10** Machete Kills (2013) (15) Action thriller sequel, starring Danny Trejo. **1.20** Lunacy (2005) (18) Satirical horror, starring Pavel Liska. **3.00** Close

## DAVE SKY 111 FV. 12

**6.00** Home Shopping **8.00** Top Gear **9.00** Steve Austin's Broken Skull Challenge **10.00** Motorway Cops **11.00** Traffic Cops **12.00** Top Gear **1.00** Would I Lie to You? **3.00** Not Going Out **5.00** Top Gear **6.00** Red Bull Soapbox: Munich **7.00** Traffic Cops **9.00** Have I Got a Bit More Old News for You **10.00** Taskmaster **11.00** Live at the Apollo **12.00** QI XL **1.00** Mock the Week **2.50** Parks and Recreation **4.00** Home Shopping

## DRAMA SKY 158 FV 20

**7.00** The Bill **10.40** Call the Midwife **2.40** Catherine Cookson's The Rag Nymph **5.45** The Musketeers **7.00** Jonathan Creek **8.00** The Doctor Blake Mysteries **9.00** Silent Witness **11.20** Spooks **12.00** The Lost World **3.30** Garden Hopping **4.00** Home Shopping

## SKY1 SKY 106

**6.00** Hour of Power **7.00** Futurama **9.30** Football's Funniest Moments **10.00** DRL Drone Racing 2017: Boston Foundry **11.00** Drone Racing League **12.00** WWE Raw Hits **1.00** It's Me or the Dog **3.00** Modern Family **6.30** The Simpsons **8.00** Dogs: An Amazing Animal Family **9.00** Ross Kemp: Extreme World **10.00** The Force: North East **11.00** Zoo **12.00** A League of Their Own **1.00** Ross Kemp: Extreme World **2.00** Night Cops **4.00** It's Me or the Dog **5.00** RSPCA Animal Rescue

## SKY ATLANTIC SKY 108

**6.00** Fish Town **10.00** House **1.00** David Attenborough's Natural History Museum Alive **2.30** The Bachelor King **4.00** Blue Bloods **6.00** The South Bank Show **8.00** Game of Thrones **12.30** Game of Thrones: The Story So Far **2.00** Game of Thrones **3.10** Twin Peaks: The Return **4.20** Urban Secrets

## W SKY 109

**6.00** Passport Patrol **6.30** Your Home in Their Hands **8.00** My Dream Home **9.00** MasterChef USA **1.00** Doctor Who **3.00** My Family **5.00** Outnumbered **7.50** One Born Every Minute **10.00** Educating Yorkshire **11.00** Criminal Minds: Beyond Borders **12.00** Beverly Hills Pawn **12.30** MasterChef Australia **2.10** The Strain **2.00** Home Shopping

## GOLD SKY 110

**7.30** The Piglet Files **9.20** Last of the Summer Wine **11.00** Porridge **2.20** Open All Hours **8.00** The Royle Family **9.40** Mrs Brown's Boys **10.25** Live at the Apollo **11.25** Men Behaving Badly **12.40** Inside No 9 **2.00** Brian Pern: A Life in Rock **3.10** The Thick of It **4.00** Home Shopping

## SKY SPORTS 1 SKY 401

**6.00** Football Gold **7.00** WWE Main Event **8.00** Premier League Legends **9.00** Fight Night **11.00** Football's Greatest Players **11.30** Live Formula 1: The drivers are presented to the fans during the British Grand Prix track parade. **12.00** Live Formula 1: Simon Lazenby and the team present live from the pit lane. **12.30** Live Formula 1: The British Grand Prix (Start time 1.00pm). **3.30** Live Formula 1: Updates and interviews from the paddock area following the British Grand Prix. **4.18** Fight Night **8.18** Football Gold **9.30** Live Star Sixes Football Coverage of day four of the six-a-side tournament at The O2 in London. **10.15** Formula 1 **11.15** Premier League Legends **12.15** Star Sixes Football **4.00** Premier League 100 Club **5.20** Spanish Football Gold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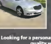

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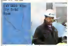
# Monday July 17th

## BBC1




**10.00 Homes Under the Hammer** (S)(R) **11.00 Neighbourhood Blues** (S)(R) **11.45 Rip Off Britain: Holidays** (S)(R) **12.15 Bargain Hunt** (S) **1.00 BBC News** (S) **1.30 BBC Regional News** (S) **1.45 Red Rock** (S) **2.30 Escape to the Country** (S)(R) **3.30 Money for Nothing** (S)(R) **4.15 Flog It!** (S)(R) **5.15 Pointless** (S)(R) **6.00 BBC News at Six; Weather** (S) **6.30 BBC Regional News and Weather** (S)

**7.00 Celebrity Mastermind** (S)(R)
**7.30 World's Oldest Family** Profile of a potentially record-breaking family from rural Co Armagh. (S) BBC News; Regional News (S)
**8.00 EastEnders** Lauren questions Steven following his shocking news. (S)
**8.30 Trump's Fortress America – Panorama** (S)
**9.00 DIY SOS: The Big Build** Nick Knowles and the team are joined by local tradespeople in Swansea. (S)(R)
**10.00 BBC News at Ten** (S)
**10.30 BBC Regional News and Weather** (S)
**10.45 Peter Kay's Comedy Shuffle** The comedian shines a light on dieting. (S)(R)
**11.15 Have I Got a Bit More Old News for You** Actor Stephen Mangan hosts. (S)(R)
**11.55 Granada/YTV The Super League Show** (S)
**12.00 Who Do You Think You Are?** (S)(R) **1.00** Weather for the Week Ahead (S) **1.05** BBC News (S)

## BBC2

**6.30 Right on the Money** (S)(R) **7.15 Bargain Hunt** (S)(R) **8.00 Sign Zone: Alone with the In-Laws** (S)(R) **9.00 Victoria Derbyshire** (S) **11.00 BBC Newsroom Live** (S) **12.00 Daily Politics** (S) **1.00 Athletics: Diamond League Rabat Highlights** (S)(R) **2.00 Triathlon – World Series Highlights** (S) **4.15 Secrets of Our Living Planet** (S)(R) **5.15 Antiques Road Trip** (S)(R) **6.00 Eggheads** (S) **6.30 Letterbox** (S)

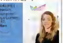
**7.00 Paul Hollywood's Big Continental Road Trip** The Bake Off judge takes a series of road trips across Europe. (S)(R)
**8.00 University Challenge** (S)
**8.30 Nadiya's British Food Adventure** New series. Nadiya Hussain embarks on a culinary road trip around Britain. (S)
**9.00 Ripper Street** With Reid locked in the cells of Leman Street and Jedediah Shine dead, Drake and his protégé Drummond try to track down Long Susan and Jackson. (S)
**10.00 Normal for Norfolk** New series. Desmond MacCarthy attempts to keep his 17th-century manor house afloat. (S)
**10.30 Newsnight** (S)
**11.15 Weather** (S)
**11.15 Horizon: Dippy and the Whale** (S)(R)
**12.15 Sign Zone: Eat Well for Less?** (S)(R) **1.15** Supermarket Shopping Secrets (S)(R) **2.15** This Is BBC Two (S)

## ITV

**6.00 Good Morning Britain** (S) **8.30 Lorraine** (S) **9.25 The Jeremy Kyle Show** (S) **10.30 This Morning** (S) **12.30 Loose Women** (S) **1.30 ITV News** (S) **1.55 ITV Regional News** (S) **2.00 Judge Rinder** (S)(R) **3.00 David Dickinson's Name Your Price** (S) **3.59 ITV Regional Weather** (S) **4.00 Tipping Point** (S)(R) **5.00 The Chase** (S)(R) **6.00 ITV Regional News** (S) **6.30 ITV Evening News; Weather** (S)

**7.00 Emmerdale** Ross and Debbie wrestle with their mutual attraction. (S)
**7.30 Coronation Street** Aidan is blackmailed by Adam. (S)
**8.00 Amazing Animal Births** A shire horse is set to give birth for the ninth time. Last in the series. (S)
**8.30 Coronation Street** Seb quizzes Eileen. (S)
**9.00 Fearless** The thriller reaches a conclusion as Emma tries to finally uncover the truth. Last in the series. (S)
**10.00 ITV News, Weather** (S)
**10.30 ITV Regional News; Weather** (S)
**10.40 Killer Women with Piers Morgan** Piers hears the story of Ashley Humphrey. (S)(R)
**11.40 The Kyle Files** Jeremy Kyle tackles the issue of dangerous dogs. (S)(R)
**12.10 Jackpot247 3.00** The Jeremy Kyle Show (S)(R) **3.55** ITV Nightscreen **5.05** The Jeremy Kyle Show (S)(R)

## Channel 4




**6.35 Frasier** (S)(R) **10.05 Undercover Boss USA** (S)(R) **11.00 A Place in the Sun: Winter Sun** (S)(R) **12.00 Channel 4 News** (S) **12.05 Couples Come Dine with Me** (S)(R) **1.05 Posh Pawnbrokers** (S)(R) **2.10 Countdown** (S) **3.00 The Question Jury** (S) **4.00 A Place in the Sun: Summer Sun** (S) **5.00 Four in a Bed** (S)(R) **5.30 Come Dine with Me** (S) **6.00 The Simpsons** (S)(R) **6.30 Hollyoaks** (S)

**7.00 Channel 4 News** (S)
**7.30 World Para Athletics Championships London 2017** Coverage of the evening session on day four. (S)
**10.00 Is Love Racist? The Dating Game** Sociologist and broadcaster Emma Dabiri looks at racism in Britain through the world of modern dating. (S)
**11.05 60 Days in Jail** Three new participants enter the programme. (S)
**12.05 Britain's Benefit Tenants** (S)(R) **1.00** Who Wants My Council House? (S)(R) **1.55** Phil Spencer: Find Me a Home (S)(R) **2.50** The Supervet (S)(R) **3.45** Supershoppers (S)(R) **4.15** Tried and Tasted: The Ultimate Shopping List (S)(R)

## Channel 5

**6.00 Milkshake! 9.15 The Wright Stuff 11.15 House Doctor** (S)(R) **12.10 5 News Lunchtime** (S) **12.15 Big Brother** (S)(R) **1.15 Home and Away** (S) **1.45 Neighbours** (S) **2.15 NCIS** (S)(R) **3.15 FILM Fatal Performance** (2013) (PG) Thriller starring Nicholle Tom. (S) **5.00 5 News at 5** (S) **5.30 Neighbours** (S)(R) **6.00 Home and Away** (S)(R) **6.30 5 News Tonight** (S)

**7.00 Cricket on 5** England v South Africa. Highlights of the fourth day's play in the Second Test of the four-match series. (S) 5 News Update (S)
**8.00 All New Traffic Cops** An insight into the working life of officers patrolling the nation's roads. (S) 5 News Update (S)
**9.00 Eamonn & Ruth: Russian Roulette** Eamonn Holmes and Ruth Langsford head to Moscow to infiltrate the exclusive world of billionaire oligarchs. (S)
**10.00 Big Brother** Daily round-up of highlights, featuring the latest tasks, games, arguments, laughs, diary room visits and bedroom chit chat. Narrated by Marcus Bentley. (S)
**11.05 Big Brother's Bit on the Side** Rylan Clark-Neal presents the live Big Brother companion show. (S)
**12.05 Countdown to Murder** (S)(R) **1.00** SuperCasino (S) **3.10** The Nightmare Neighbour Next Door (S)(R) **4.00** Now That's Funny (S)(R) **4.45** House Doctor (S)(R) **5.10** Great Artists (S)(R) **5.35** Wildlife SOS (S)(R)

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# DIGITAL

### ITV2 SKY 118 FV 6
**6.00** Busted: The Hot Desk **6.10** You've Been Framed! Gold **6.35** Vanderpump Rules **7.00** The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Coronation Street **9.35** Scorpion **10.20** Below Deck **11.25** Vanderpump Rules **12.20** Emmerdale **12.50** Coronation Street **2.00** The Ellen DeGeneres Show **2.00** The Jeremy Kyle Show **5.00** Judge Rinder **6.00** You've Been Framed! Gold **6.30** You've Been Framed! Gold **8.00** Two and a Half Men **9.00** Love Island **10.05** Family Guy **11.00** American Dad! **11.30** Celebrity **12.10** FILM Zack and Miri Make a Porno (2008) (18) **1.10** FYI Daily **1.15** FILM Zack and Miri Make a Porno (2008) (18) **2.10** The Vamps: The Hot Desk **2.25** Teleshopping **5.55** ITV2 Nightscreen

### ITV3 SKY 119 FV 10
**6.25** Heartbeat **7.25** Where the Heart Is **8.25** Wild at Heart **9.25** Judge Judy **10.50** Road to Avonlea **11.50** Wycliffe **1.05** Heartbeat **2.05** The Royal **3.10** Wild at Heart **4.15** Man About the House **4.50** On the Buses **5.20** George and Mildred **5.55** Heartbeat **7.00** Murder She Wrote **8.00** FILM Mamma Mia! (2008) (PG) **9.05** FYI Daily **9.10** FILM Mamma Mia! (2008) (PG) **10.10** Law & Order: UK **11.10** The Street **12.30** Colditz **2.25** ITV3 Nightscreen **2.30** Teleshopping

### BBC4 SKY 116 FV 9
**7.00** World News Today; Weather **7.30** Handmade by Royal Appointment **8.00** Colour: The Spectrum of Science **9.00** Science and Islam **10.00** Storyville: The Great European Cigarette Mystery **11.00** Hidden Kingdoms **12.00** Ocean Giants **1.00** Treasures of Chinese Porcelain **2.00** Science and Islam **3.00** Colour: The Spectrum of Science **4.00** Close

### E4 SKY 136 FV 28
**10.00** Baby Daddy **11.00** How I Met Your Mother **12.00** New Girl **1.00** The Big Bang Theory **2.00** Melissa & Joey **3.00** Baby Daddy **4.00** [illegible] **5.00** The Goldbergs **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** The Goldbergs **8.00** FILM Fantastic Four (2005) (PG) **10.00** Gogglebox **11.05** Naked Attraction **12.10** The Big Bang Theory **1.05** Gogglebox **2.10** First Dates **3.00** First Dates Abroad **3.25** New Girl **4.15** How I Met Your Mother **4.40** Rules of Engagement

### MORE4 SKY 138 FV 14
**6.05** A Place in the Sun: Summer Sun **10.00** The Supervet **11.05** Four in a Bed **1.40** A Place in the Sun: Summer Sun **3.50** Time Team **6.00** Car SOS **6.55** The Supervet **7.00** Grand Designs **8.00** Dunkirk: The New Evidence **10.00** 24 Hours in A&E **11.00** 999: What's Your Emergency? **12.05** Ramsay's Kitchen Nightmares USA **1.05** 24 Hours in A&E **2.10** Grand Designs **3.10** 8 Out of 10 Cats **3.55** Close

### FILM4 SKY 315 FV 15
**11.00** First Men in the Moon (1964) (U) **1.00** Arabian Nights (1942) (PG) **2.40** Beau Geste (1939) (PG) **5.00** Halls of Montezuma (1950) (U) **7.20** Airplane II: The Sequel (1982) (15) **9.00** The Drop (2014) (15) **11.10** Lawless (2012) (18) **1.10** Northwest (2013) (15) **3.10** Close

### DAVE SKY 111 FV 12
**8.10** American Pickers **9.00** Storage Hunters **10.00** American Pickers **12.00** Deadly 60 **1.00** Top Gear **3.00** Brojects **4.00** Steve Austin's Broken Skull Challenge **5.00** Top Gear **7.00** Sin City Motors **8.00** Nev's Indian Call Centre **9.00** Live at the Apollo **10.00** Dara O Briain's Go 8 Bit **11.00** Go 8 Bit: DLC **11.20** David Beckham: Into the Unknown **12.30** QI XL **1.30** Dara O Briain's Go 8 Bit **2.35** Parks and Recreation **3.25** The Indestructibles **4.00** Home Shopping

### DRAMA SKY 158 FV 20
**5.00** Monarch of the Glen **10.00** All Creatures Great and Small **11.00** The Bill **1.00** Last of the Summer Wine **1.40** Waiting for God **2.20** Birds of a Feather **3.00** Dangerfield **4.00** Monarch of the Glen **5.00** All Creatures Great and Small **6.00** Waiting for God **6.40** Last of the Summer Wine **7.20** Keeping Up Appearances **8.00** Hetty Wainthropp Investigates **9.00** Death in Paradise **10.20** The Inspector Lynley Mysteries **12.20** Taggart **3.00** Hetty Wainthropp Investigates **4.00** Home Shopping

### SKY1 SKY 106
**5.00** It's Me or the Dog **10.00** Nothing to Declare **11.00** Sanctuary **12.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Stargate Atlantis **5.00** Modern Family **6.00** Futurama **6.30** The Simpsons **9.00** A League of Their Own **10.00** A League of Their Own: US Road Trip 2.0 **11.00** Freddie Fires Again **12.00** The Force: Manchester **1.00** Brit Cops: Rapid Response **2.00** Hawaii Five-0 **3.00** Nothing to Declare **4.00** RSPCA Animal Rescue **5.00** Highway Cops

### SKY ATLANTIC SKY 108
**6.00** Storm City **7.00** Fish Town **8.00** Urban Secrets **9.00** The West Wing **10.00** The West Wing **12.00** Without a Trace **1.00** CSI: Crime Scene Investigation **2.00** Blue Bloods **3.00** Fish Town **4.00** The West Wing **6.00** Without a Trace **7.00** CSI: Crime Scene Investigation **8.00** Thronecast: War Room **9.00** Game of Thrones **10.10** Thronecast **11.10** Game of Thrones **12.20** Seven Days in Hell **1.20** FILM Pharmacy Road **2.05** Ray Donovan **4.10** The West Wing

### W SKY 109
**7.00** My Dream Home **10.00** The Bill **11.00** Tipping Point **1.00** Hairy Bikers' Mississippi Adventure **2.00** MasterChef USA **3.00** Who Do You Think You Are? USA **4.10** My Family **4.40** My Family Christmas Special **6.00** Tipping Point **7.00** Celebrity MasterChef **8.30** Jamie's 30 Minute Meals **9.00** Louis Theroux: America's Most Hated Family in Crisis **10.00** The Catherine Tate Show **10.40** EastEnders **11.20** One Born Every Minute **12.20** The Catherine Tate Show **1.00** MasterChef Australia **1.55** The Strain **2.40** Judge Faith **3.00** Home Shopping

### GOLD SKY 110
**7.10** The Piglet Files **8.00** Ever Decreasing Circles **8.40** The Brittas Empire **9.20** Last of the Summer Wine **11.20** Ever Decreasing Circles **12.00** The Brittas Empire **12.40** Porridge **1.20** Open All Hours **2.00** Citizen Khan **2.40** Fawlty Towers **3.30** Last of the Summer Wine **5.30** Porridge **6.10** Open All Hours **6.50** Citizen Khan **7.30** Fawlty Towers **8.20** My Family **9.00** Mrs Brown's Boys **9.40** Gavin & Stacey **10.20** Live at the Apollo **11.20** Peep Show **11.55** The Young Ones **1.40** The Black Adder **2.20** Big School **3.00** The Smell of Reeves and Mortimer **4.00** Home Shopping

### SKY SPORTS 1 SKY 401
**10.00** Football's Greatest Teams **11.00** Transfer Centre **11.30** Great Sporting Moments **12.00** Football's Greatest Teams **1.00** Great Sporting Moments **2.00** Premier League Legends **3.00** Spanish Football Gold **3.30** Football Gold **4.00** Live at the Open **5.30** Premier League 100 Club **6.00** Premier League Legends **6.30** Football's Greatest Teams **7.00** Live Horse Racing **9.00** Fight Night **11.00** Premier League Legends **12.00** Premier League 100 Club **1.00** Football's Greatest Teams **2.00** Premier League Years **4.00** Sporting Heroes: Peter Reid Interviews Allan Lamb

# Tuesday July 18th

## BBC1

Holby City 9pm

DAYTIME

10.00 **Homes Under the Hammer** (S)(R) **11 00 Neighbourhood Blues** (S)(R) **11 45 Rip Off Britain: Holidays** (S)(R) **12.15 Bargain Hunt** (S)(R) **1.00 BBC News** (S) **1 30 BBC Regional News** (S) **1.45 Red Rock** (S) **2 30 Escape to the Country** (S)(R) **3 30 Money for Nothing** (S)(R) **4.15 Flog It!** (S)(R) **5.15 Pointless** (S)(R) **6.00 BBC News at Six, Weather** (S) **6.30 BBC Regional News and Weather** (S)

7.00 **Celebrity Mastermind** (S)(R)
7 30 **EastEnders** Max does some digging on Steven (S) BBC News, Regional News (S)

8.00 **Holby City** Fase worries that she is not being a good foster parent to Parker (S)

9.00 **In the Dark** Helen and Paul are joined by pathologist friend Phil Hendricks as they become further embroiled in the abduction case (S)

10.00 **BBC News at Ten** (S)
10.30 **BBC Regional News and Weather;** (S) National Lottery Update (S)
10.45 **New Tricks** (S)(R)

11.45 **World's Oldest Family** Profile of a potentially record breaking family from rural Co Armagh. (S)(R)

AFTER 12

12.15 **Weather for the Week Ahead** (S) **12 20** BBC News (S)

## BBC2

Paul Hollywood's Big Continental Road Trip 7pm

7.15 **Bargain Hunt** (S)(R) **8 00 Sign Zone: DIY SOS: The Big Build** (S)(R) **8.00 Victoria Derbyshire** (S) **11 00 BBC Newsroom Live** (S) **12.00 Daily Politics** (S) **1.00 Two Tribes** (S)(R) **1 30 The Super League Show** (S) **2 15 Chronicles of a Champion Golfer** (S) **3.15 Nature's Miracle Babies** (S)(R) **4.15 Secrets of Our Living Planet** (S)(R) **5.15 Antiques Road Trip** (S)(R) **6.00 Eggheads** (S) **6.30 Letterbox** (S)

7 00 **Paul Hollywood's Big Continental Road Trip** Paul spends six days exploring Germany in six different cars. (S)(R)

8.00 **Inside the Factory** New series Gregg Wallace and Cherry Healey investigate the production of tea. (S)

9.00 **Addicted Parents: Last Chance to Keep My Children** Part one of two. Documentary about a rehab centre for parents struggling with addictions. (S)

10 00 **Detectorists** Russell and Hugh try to recover the mayor's chain of office. (S)
10.30 **Newsnight** (S)

11 10 **Weather** (S)
11 15 **1066: A Year to Conquer England** (S)(R)

12 15 **Sign Zone: The Life Swap Adventure** (S)(R) **1 15** Me and My Dog: The Ultimate Contest (S)(R) **2 15** This is BBC Two (S)

## ITV

Midsomer Murders 8pm

6.00 **Good Morning Britain** (S) **8.30 Lorraine** (S) **9 25 The Jeremy Kyle Show** (S) **10 30 This Morning** (S) **12 30 Loose Women** (S) **1 30 ITV News** (S) **1 55 ITV Regional News** (S) **2.00 Judge Rinder** (S)(R) **3.00 David Dickinson's Name Your Price** (S) **3.59 ITV Regional Weather** (S) **4 00 Tipping Point** (S)(R) **5.00 The Chase** (S)(R) **6.00 ITV Regional News** (S) **6 30 ITV Evening News;** Weather (S)

7 00 **Emmerdale** Jools' party is held at the Woolpack (S)

8.00 **Midsomer Murders** The president of an ornithological society is found dead after an argument about a rare bird sighting. (S)(R)

10.00 **ITV News,** Weather (S)
10 30 **ITV Regional News;** Weather (S)
10 00 **Davina McCall: Life at the Extreme** (S)(R)

11 40 **Play to the Whistle** With Sean Lock, Graeme Swann, Alex Scott and Romesh Ranganathan. (S)(R)

12-20 **Jackpot247 3.00** Loose Women (R) **3 50** ITV Nightscreen **5 05** The Jeremy Kyle Show (S)(R)

## Channel 4

World Para Athletics Championships London 2017, 7.30pm

8 35 **Frasier** (S)(R) **10 05 Undercover Boss USA** (S)(R) **11 00 A Place in the Sun: Winter Sun** (S)(R) **12 00 Channel 4 News** (S) **12.05 Couples Come Dine with Me** (S)(R) **1.05 Posh Pawnbrokers** (S)(R) **2 10 Countdown** (S) **3 00 The Question Jury** (S) **4.00 A Place in the Sun: Summer Sun** (S) **5.00 Four in a Bed** (S)(R) **5 30 Come Dine with Me** (S) **6 00 The Simpsons** (S)(R) **6 30 Hollyoaks** (S)

7.00 **Channel 4 News** (S)
7 30 **World Para Athletics Championships London 2017** Coverage of the evening session on day five (S)

10 00 **When Football Banned Women** Clare Balding uncovers the history of women's football. (S)

11.05 **24 Hours in A&E** A 36-year-old man is rushed to St George's after being involved in a high speed road traffic collision. (S)(R)

12 05 **Music on 4: Sound and Vision** (S) **12 35** Ramsay's Kitchen Nightmares USA (S)(R) **1 25 Real, Fake or Unknown** (S)(R) **2 20** FILM **Wall Street: Money Never Sleeps (2010)** (12) (S) **4 30** Shipping Wars UK (S)(R)

## Channel 5

The Dog Rescuers with Alan Davies 8pm

6 00 **Milkshake! 9 15 The Wright Stuff 11.15 House Doctor** (S)(R) **12 10 5 News Lunchtime** (S) **12 15 Big Brother** (S)(R) **1 15 Home and Away** (S) **1 45 Neighbours** (S) **2 15 NCIS** An admiral is murdered. (S)(R) **3 15** FILM **Stolen Daughter (2015)** (PG) Crime drama, starring Andrea Roth. (S) **5 00 5 News at 5** (S) **5 30 Neighbours** (S)(R) **6.00 Home and Away** (S)(R) **6 30 5 News Tonight** (S)

7 00 **Cricket on 5** England v South Africa. Highlights of the fifth day's play in the Second Test of the four-match series (S) 5 News Update (S)

8 00 **The Dog Rescuers with Alan Davies** A rescue spaniel begins training to become a police sniffer dog (S) 5 News (S)

9 00 **The Hotel Inspector** Alex Polizzi pays a visit to Devon's historic Churston Court. (S)

10 00 **Big Brother** Daily round-up of highlights, featuring the latest tasks, games, arguments, laughs, diary room visits and bedroom chit chat. Narrated by Marcus Bentley (S)

11.05 **Big Brother's Bit on the Side** Rylan Clark-Neal has the latest developments (S)

12 05 **Circus Kids: Our Secret World** (S)(R) **1 00** SuperCasino (S) **3 10** Eamonn & Ruth: Russian Roulette (S)(R) **4.00** Witch Hunt: A Century of Murder (S)(R) **4 45** House Doctor (S)(R) **5.10** Great Artists (S)(R) **5 35 Wildlife SOS** (S)(R)

# DIGITAL

## ITV2 SKY 118 FV 6

**6.00** Jonas Blue: The Hot Desk **6 10** You've Been Framed! Gold **6.35** Vanderpump Rules **7.20** The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Coronation Street **9 30** Scorpion **10.25** Below Deck **11.20** Vanderpump Rules **12.20** Emmerdale **12.55** Coronation Street **2.00** The Ellen DeGeneres Show **2.50** The Jeremy Kyle Show **5.00** Judge Rinder **6 00** You've Been Framed! Gold **6.30** You've Been Framed! Gold **8.00** Two and a Half Men **9 00** Love Island **10.05** Family Guy **11.00** American Dad! **12.50** Two and a Half Men **1.20** Safeword **2.10** Busted: The Hot Desk **2.20** Teleshopping **5.50** ITV2 Nightscreen

## ITV3 SKY 119 FV 10

**6.00** Man About the House **6.25** Heartbeat **7.20** Where the Heart Is **8.25** Wild at Heart **9.30** Judge Judy **10.00** Road to Avonlea **11.00** Wycliffe **1.00** Heartbeat **2.10** The Royal **3.10** Wild at Heart **4.15** Man About the House **4.50** On the Buses **5.20** George and Mildred **5.00** Heartbeat **7 00** Murder, She Wrote **9.00** Paul O'Grady's Animal Orphans **8.00** Kate: The Making of a Modern Queen **10.00** Law & Order: UK **11.00** Lewis **1.00** Wycliffe **2.05** ITV3 Nightscreen **2.30** Teleshopping

## BBC4 SKY 116 FV 9

**7 00** World News Today; Weather **7 30** Handmade: By Royal Appointment **8.00** 10 Things You Didn't Know About Earthquakes **8.00** The Vikings: Foe or Friend? A Timewatch Guide **10.00** Secret Knowledge: The Art of the Vikings **10.30** Treasures of the Anglo-Saxons **11.30** Second World War 1942 and Hitler's Soft Underbelly **1.00** Medieval Lives: Birth, Marriage, Death **2.00** The Brits Who Built the Modern World **3.00** The Vikings: Foe or Friend? A Timewatch Guide **4.00** Close

## E4 SKY 136 FV 28

**6 00** Hollyoaks **6.30** Hollyoaks Does Come Dine with Me **7 00** Made in Chelsea: Christmas **8.00** Rules of Engagement **8.00** Melissa & Joey **10.00** Baby Daddy **11.00** How I Met Your Mother **12.00** New Girl **1.00** The Big Bang Theory **2.00** Melissa & Joey **3.00** Baby Daddy **4.00** Black-ish **5.00** The Goldbergs **6.00** The Big Bang Theory **7 00** Hollyoaks **7.30** The Goldbergs **8.00** The Big Bang Theory **9.00** Rude Tube **10.00** 8 Out of 10 Cats **10.00** The Big Bang Theory **11.50** Gogglebox **12.00** Rude Tube **2.00** 8 Out of 10 Cats **2.45** Tattoo Fixers **3.30** First Dates **4.30** How I Met Your Mother **4.00** Rules of Engagement

## MORE4 SKY 138 FV 14

**8.55** A Place in the Sun: Summer Sun **10.00** The Supervet **11.05** Four in a Bed **1.40** A Place in the Sun: Summer Sun **3.50** Time Team **5.55** Car SOS **6.55** The Supervet **7 55** Grand Designs **9.00** The Yorkshire Dales and the Lakes **10.00** Hidden Britain by Drone **11.05** Ramsay's Kitchen Nightmares USA **12.00** The Yorkshire Dales and the Lakes **1.05** Hidden Britain by Drone **2.10** Grand Designs **3.10** 8 Out of 10 Cats **3.55** Close

## FILM4 SKY 315 FV 15

**11.00** Destry (1954) (PG) **1.00** Night Passage (1957) (U) **2 50** Master of the World (1961) (PG) Sci-fi adventure, starring Vincent Price. **4.55** Mysterious Island (1961) (PG) **7 00** Johnny English (2003) (PG) Spy comedy starring Rowan Atkinson. **9.00** The Iceman (2012) (15) Fact-based crime drama, starring Michael Shannon. **11.05** Stark Raving Mad (2002) (15) Comedy, starring Seann William Scott. **1 10** Mr Nice (2010) (18) **3.35** Close

## DAVE SKY 111 FV 12

**6.00** Home Shopping **7.00** Deadly 60 **8.10** American Pickers **9.00** Storage Hunters **10 00** American Pickers **12.00** Deadly 60 **1.00** Top Gear **3.00** Red Dwarf **4.00** Steve Austin's Broken Skull Challenge **6 00** Top Gear **7.00** Sin City Motors **8.00** David Beckham: Into the Unknown **9 00** Taskmaster **10 00** Uncle **11.20** Would I Lie to You? **12.00** Taskmaster **1.00** Uncle **2.20** Room 101 **3 00** Parks and Recreation **4 00** Home Shopping

## DRAMA SKY 158 FV 20

**7.10** The Bill **8.00** Dangerfield **8.00** Monarch of the Glen **10.00** All Creatures Great and Small **11.00** The Bill **1.00** Last of the Summer Wine **1.40** Waiting for God **2.20** Birds of a Feather **3.00** Dangerfield **4.00** Monarch of the Glen **5.00** All Creatures Great and Small **6.00** Waiting for God **6.40** Last of the Summer Wine **7.20** Keeping Up Appearances **8.00** Hetty Wainthropp Investigates **8.00** Death in Paradise **10.20** The Inspector Lynley Mysteries **12.10** Taggart **2.35** Birds of a Feather **3.10** Hetty Wainthropp Investigates **4.00** Home Shopping

## SKY1 SKY 106

**6.00** Hawaii Five-0 **7 00** Road Wars **8.00** Zoo Tales **9.00** It's Me or the Dog **10.00** Nothing to Declare **11.00** Sanctuary **12.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **3 00** NCIS: Los Angeles **4.00** Stargate Atlantis **5 00** Modern Family **6.00** Futurama **6.30** The Simpsons **8 00** A League of Their Own **5.00** FILM: Con Air (1997) (18) Action thriller, starring Nicolas Cage **11.00** A League of Their Own **12.00** The Force: Manchester **1.00** Brit Cops: Rapid Response **2.00** Hawaii Five-0 **4 00** RSPCA Animal Rescue **4.20** Road Wars **5.00** Highway Cops

## SKY ATLANTIC SKY 108

**6.00** Fish Town **6.00** The Guest Wing **10.00** The West Wing **12.00** Without a Trace **1.00** CSI: Crime Scene Investigation **2.00** Fish Town **4.00** The West Wing **6.00** Without a Trace **7 00** CSI: Crime Scene Investigation **5.00** Blue Bloods **6.00** Twin Peaks: The Return **10.10** The Leftovers **11.20** Game of Thrones **12.30** Ray Donovan **2 45** Blue Bloods **3.40** Nurse Jackie **4 10** The West Wing

## W SKY 109

**10.00** The Bill **11.00** Tipping Point **1.00** Hairy Bikers' Mississippi Adventure **2.00** MasterChef USA **3.00** Who Do You Think You Are? USA **4.00** My Family **6.00** Tipping Point **7.00** Celebrity MasterChef **8 00** Criminal Minds: Beyond Borders **10.00** The Catherine Tate Show **10.40** EastEnders **11.20** One Born Every Minute **12.20** The Catherine Tate Show **12 55** MasterChef Australia **3 00** Home Shopping

## GOLD SKY 110

**7 00** The Piglet Files **8.20** Ever Decreasing Circles **9 00** The Brittas Empire **9 40** Last of the Summer Wine **11.40** Ever Decreasing Circles **12.10** The Brittas Empire **1.00** Porridge **1.40** Open All Hours **2.20** Citizen Khan **3.00** Fawlty Towers **3.40** Last of the Summer Wine **5.40** Porridge **6.20** Open All Hours **7 00** Citizen Khan **7 40** Fawlty Towers **8.20** Gavin & Stacey **9.00** Outnumbered **5.40** Gavin & Stacey **10.20** Live at the Apollo **11.20** Peep Show **11.55** The Young Ones **1.40** The Black Adder **2.25** Big School **3 00** The Smell of Reeves and Mortimer **4.00** Home Shopping

## SKY SPORTS 1 SKY 401

**6.00** Sky Sports Special **7.00** Good Morning Sports Fans **8 00** Premier League Special **9 00** Good Morning Sports Fans **10 00** Live Test Cricket. **6 00** Sky Sports Special **11.00** Lions Review Show **1.00** Live WWE Late Night Smackdown. **3.00** Through the Night


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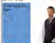
# Wednesday July 19th

## BBC1



**DAYTIME**

**10.00 Homes Under the Hammer** (S)(R) **11.00 Neighbourhood Blues** (S)(R) **11.45 Rip Off Britain: Holidays** (S)(R) **12.15 Bargain Hunt** (S)(R) **1.00 BBC News** (S) **1.30 BBC Regional News** (S) **1.45 Bed Rock** (S) **2.30 Escape to the Country** (S)(R) **3.30 Money for Nothing** (S)(R) **4.15 Flog It!** (S)(R) **5.15 Pointless** (S)(R) **6.00 BBC News at Six, Weather** (S) **6.30 BBC Regional News and Weather** (S)

**7.00 Celebrity Mastermind** (S)(R)
**7.30 Fugitives** West Yorkshire officers tracks down a wanted Polish man. (S) BBC News, Regional News (S)

**8.00 Watchdog Live** Stories include the phone giant whose mistakes have led to disastrous consequences far beyond what some might expect. (S)

**9.00 Death in Paradise** The Saint Marie governor is poisoned at her leaving party. (S)(R)

**10.00 BBC News at Ten** (S)
**10.30 BBC Regional News and Weather;** (S) National Lottery Update (S)
**10.45 Room 101 – Extra Storage** (S)

**11.25 The Natives: This Is Our America** An insight into the life of a young Native American. (S)

**AFTER 12**

**12.15 Weather for the Week Ahead** (S) **12.20** BBC News (S)

## BBC2

**7.15 Bargain Hunt** (S)(R) **8.00 Sign Zone: Great British Menu** (S)(R) **8.00 Victoria Derbyshire** (S) **11.00 BBC Newsroom Live** (S) **11.30 Daily Politics** (S) **1.00 Two Tribes** (S)(R) **1.30 A Taste of Britain** (S)(R) **2.15 Chronicles of a Champion Golfer** (S) **3.15 Nature's Miracle Babies** (S)(R) **4.15 Secrets of Our Living Planet** (S)(R) **5.15 Antiques Road Trip** (S)(R) **6.00 Eggheads** (S) **6.30 Letterbox** (S)

**7.00 Paul Hollywood's Big Continental Road Trip** The Bake Off judge concludes his trip in France. (S)(R)

**8.00 The Sweet Makers: A Tudor Treat** New series. Modern confectioners relive the world of historical sweets. (S)

**9.00 Gardeners' World** Monty Don visits a floral paradise outside of Dublin, and Nicky Railey demonstrates how to transform a bland patio into a space that looks incredible at twilight. (S)

**10.00 Live at the Apollo** With Adam Hills, Michelle Wolf and Jamali Maddix. (S)(R)
**10.30 Newsnight** (S)

**11.10 Weather** (S)
**11.15 1066: A Year to Conquer England** (S)(R)

**12.15 Sign Zone: Who Do You Think You Are?** (S)(R) **1.15** Incredible Medicine: Dr Weston's Casebook (S)(R) **2.15** This is BBC Two (S)

## ITV

**6.00 Good Morning Britain** (S) **8.30 Lorraine** (S) **9.25 The Jeremy Kyle Show** (S) **10.30 This Morning** (S) **12.30 Loose Women** (S) **1.30 ITV News** (S) **1.55 ITV Regional News** (S) **2.00 Judge Rinder** (S)(R) **3.00 David Dickinson's Name Your Price** (S) **3.59 ITV Regional Weather** (S) **4.00 Tipping Point** (S)(R) **5.00 The Chase** (S)(R) **6.00 ITV Regional News** (S) **6.30 ITV Evening News;** Weather (S)

**7.00 Emmerdale** Leyla puts pressure on Pete to think about getting married. (S)
**7.30 Coronation Street** (S)

**8.00 Love Your Garden** Alan Titchmarsh and his team transform a garden in Shrewsbury, Shropshire. (S)

**9.00 Joanna Lumley's India** Joanna's adventures across India conclude. Last in the series. (S)

**10.00 ITV News,** Weather (S)
**10.30 ITV Regional News;** Weather (S)
**10.45 Mafia Women with Trevor McDonald** (S)(R)

**11.40 River Monsters** A freshwater giant said to inhabit Russia's remote Amur River. (S)(R)

**12.35 Jackpot247** **3.00** 1000 Heartbeats (S)(R) **3.50** ITV Nightscreen **5.05** The Jeremy Kyle Show (S)(R)

## Channel 4

**8.35 Frasier** (S)(R) **10.05 Undercover Boss USA** (S)(R) **11.00 A Place in the Sun: Winter Sun** (S)(R) **12.00 Channel 4 News** (S) **12.05 Couples Come Dine with Me** (S)(R) **1.05 Posh Pawnbrokers** (S)(R) **2.10 Countdown** (S) **3.00 The Question Jury** (S) **4.00 A Place in the Sun: Summer Sun** (S) **5.00 Four in a Bed** (S)(R) **5.30 Come Dine with Me** (S) **6.00 The Simpsons** (S)(R) **6.30 Hollyoaks** (S)

**7.00 UEFA Women's Euro 2017** England v Scotland (kick-off 7.45pm). Coverage of the opening match in Group D for both sides. (S)

**10.00 The Windsors** Kate is reluctant to join a royal pheasant shoot at Sandringham. (S)
**10.30 Fargo** Nikki finds herself struggling to survive, and Emmit gets spooked. (S)

**11.25 Is Love Racist? The Dating Game** (S)(R)

**12.35 One Born Every Minute** (S)(R) **1.30** Ramsay's Hotel Hell (S)(R) **2.15** The Secret Life of the Zoo (S)(R) **3.10** Gogglesprogs (S)(R) **4.05** Escape to Costa Rica (S)(R) **5.00** Kirstie's Handmade Treasures (S)(R) **5.05** Location, Location, Location (S)(R)

## Channel 5

**6.00 Milkshake! 9.15 The Wright Stuff 11.15 House Doctor** (S)(R) **12.10 5 News Lunchtime** (S) **12.15 Big Brother** (S)(R) **1.15 Home and Away** (S) **1.45 Neighbours** (S) **2.15 NCIS** (S)(R) **3.15** FILM **Marriage of Lies (2016) (15)** Mystery drama starring Virginie Williams. (S) **5.00 5 News at 5** (S) **5.30 Neighbours** (S)(R) **6.00 Home and Away** (S)(R) **6.30 5 News Tonight** (S)

**7.00 All New Traffic Cops** An insight into the working life of officers patrolling the nation's roads. (S)(R) 5 News Update (S)

**8.00 The Highland Midwife** The documentary shedding light on the work of rural Scottish midwives concludes. Last in the series. (S) 5 News Update (S)

**9.00 Sarah Payne: A Mother's Story** Sara Payne, whose daughter Sarah was killed in 2000, speaks about the emotional toll of her daughter's death. (S)

**10.30 Big Brother** Daily round-up of highlights, featuring the latest tasks, games, arguments, laughs, diary room visits and bedroom chit chat. Narrated by Marcus Bentley. (S)

**11.30 Big Brother's Bit on the Side** Rylan Clark-Neal presents the live Big Brother companion show. (S)

**12.30 Lip Sync Battle: Vic Reeves v Johnny Vegas** (S)(R) **1.00** SuperCasino (S) **3.10** The Dog Rescuers with Alan Davies (S)(R) **4.00** Witch Hunt: A Century of Murder (S)(R) **4.45** House Doctor (S)(R) **5.10** Great Artists (S)(R) **5.35** Wildlife SOS (S)(R)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# DIGITAL

### ITV2 SKY 118 FV 6

**6.00** The Vamps: The Hot Desk **6.10** You've Been Framed! Gold **6.35** Vanderpump Rules **7.20** The Ellen DeGeneres Show **8.00** Emmerdale **9.00** You've Been Framed! Gold **9.30** Sooperi **10.25** Below Deck **11.25** Vanderpump Rules **12.20** Emmerdale **1.30** You've Been Framed! Gold **2.00** The Ellen DeGeneres Show **2.50** The Jeremy Kyle Show **5.00** Judge Rinder **6.00** You've Been Framed! Gold **8.00** Two and a Half Men **9.00** Love Island **10.05** Celebrity Juice: The Normal Special **10.40** Family Guy **11.45** American Dad! **1.10** Two and a Half Men **1.40** Totally Bonkers Guinness World Records **2.10** Jonas Blue: The Hot Desk **2.20** Teleshopping **5.50** ITV2 Nightscreen

### ITV3 SKY 119 FV 10

**6.00** Man About the House **6.20** Heartbeat **7.25** Where the Heart Is **8.25** Wild at Heart **9.20** Judge Judy **10.55** Road to Avonlea **11.55** Wycliffe **1.05** Heartbeat **2.10** The Royal **3.10** Wild at Heart **4.20** Man About the House **4.50** On the Buses **5.25** George and Mildred **6.00** Heartbeat **7.00** Murder, She Wrote **8.00** Lewis **10.00** Law & Order: UK **11.00** Agatha Christie's Marple **1.00** Wycliffe **2.00** ITV3 Nightscreen **2.30** Teleshopping

### BBC4 SKY 116 FV 9

**7.00** World News Today; Weather **7.30** Tank Men. Rob Bell tells the story of the First World War tank men **8.00** Jumbo: The Plane That Changed the World **8.00** Pedalling Dreams: The Raleigh Story **10.00** Sound Waves: The Symphony of Physics **11.00** Railways: The Making of a Nation **12.00** Je t'aime: The Story of French Song with Petula Clark **1.00** The Renaissance Unchained **2.00** Voyages of Discovery **3.00** Pedalling Dreams: The Raleigh Story **4.00** Close

### E4 SKY 136 FV 28

**6.00** Hollyoaks **6.30** Hollyoaks Does Come Dine with Me **7.00** Made in Chelsea: New Year **8.00** Rules of Engagement **9.00** Melissa & Joey **10.00** Baby Daddy **11.00** How I Met Your Mother **11.00** New Girl **1.00** The Big Bang Theory **2.00** Melissa & Joey **3.00** Baby Daddy **4.00** Black-ish **5.00** The Goldbergs **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** The Goldbergs **8.00** The Big Bang Theory **9.00** FILM The Inbetweeners 2 (2014) (15) **11.00** The Big Bang Theory **12.00** Gogglebox **2.00** Rude Tube **3.00** Tattoo Fixers **3.55** First Dates Abroad **4.20** How I Met Your Mother **4.40** Rules of Engagement

### MORE4 SKY 138 FV 14

**8.40** A Place in the Sun: Summer Sun **10.00** The Supervet **11.05** Four in a Bed **1.40** A Place in the Sun: Summer Sun **3.50** Time Team **6.00** Car SOS **7.00** Channel 4 News **7.30** World Para Athletics Championships London 2017: Coverage of the evening session on day six of the Championships. **10.00** 24 Hours in A&E **11.00** Ramsay's Kitchen Nightmares USA **1.00** 24 Hours in A&E **3.10** 8 Out of 10 Cats **3.60** Close

### FILM4 SKY 315 FV 15

**11.00** Stalag 17 (1953) (PG) **1.20** Santa Fe (1951) (U) **3.10** Earth vs the Flying Saucers (1956) (U) **4.40** Carry On Cabby (1963) (PG) **6.35** Snow White & the Huntsman (2012) (12) **8.00** Good People (2014) (15) **10.40** The Sweeney (2012) (15) Crime thriller with Ray Winstone and Ben Drew. **1.00** A Separation (2011) (PG) **3.30** Close

### DAVE SKY 111 FV 12

**6.00** Home Shopping **7.00** Deadly 60 **8.10** American Pickers **9.00** Storage Hunters **10.00** American Pickers **12.00** Deadly 60 **1.00** Top Gear **3.00** Projects **4.00** Steve Austin's Broken Skull Challenge **5.00** Top Gear **7.00** Sin City Motors **8.00** QI XL **10.00** Mock the Week **11.20** Russell Howard's Good News **12.00** Would I Lie to You? **1.20** QI **2.00** Would I Lie to You? **2.00** The Unseen Bits **2.40** Parks and Recreation **3.30** The Indestructibles **4.00** Home Shopping

### DRAMA SKY 158 FV 20

**7.10** The Bill **8.00** Dangerfield **9.00** Monarch of the Glen **10.00** All Creatures Great and Small **11.00** The Bill **1.00** Last of the Summer Wine **1.40** Waiting for God **2.20** Birds of a Feather **3.00** Dangerfield **4.00** Monarch of the Glen **5.00** All Creatures Great and Small **6.00** Waiting for God **6.40** Last of the Summer Wine **7.30** Keeping Up Appearances **9.00** Hetty Wainthropp Investigates **9.00** Death in Paradise **10.20** The Inspector Lynley Mysteries **12.20** Taggart **3.00** Birds of a Feather **3.35** Garden Hopping **4.00** Home Shopping

### SKY1 SKY 106

**6.00** Hawaii Five-0 **9.00** Zoo Tales **9.00** It's Me or the Dog **10.00** Nothing to Declare **11.00** Sanctuary **11.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Stargate Atlantis **5.00** Modern Family **6.00** Futurama **6.30** The Simpsons **8.00** Freddie Flintoff: Agent **9.00** Colony **10.00** Ross Kemp: Extreme World **11.00** An Ambulance ER **12.00** The Force: Manchester **1.00** Brit Cops: Rapid Response **3.00** Sugar Showdown **4.00** RSPCA Animal Rescue **5.00** Highway Cops

### SKY ATLANTIC SKY 108

**6.00** Fish Town **9.00** The Guest Wing **10.00** The West Wing **12.00** Without a Trace **1.00** CSI: Crime Scene Investigation **2.00** Blue Bloods **3.00** Storm City **4.00** The West Wing **6.00** Without a Trace **7.00** CSI: Crime Scene Investigation **8.00** Blue Bloods **9.00** FILM The Departed (2006) (18) Gangster thriller starring Leonardo DiCaprio and Matt Damon. **11.00** The Sopranos **2.00** Ray Donovan **4.00** The West Wing

### W SKY 109

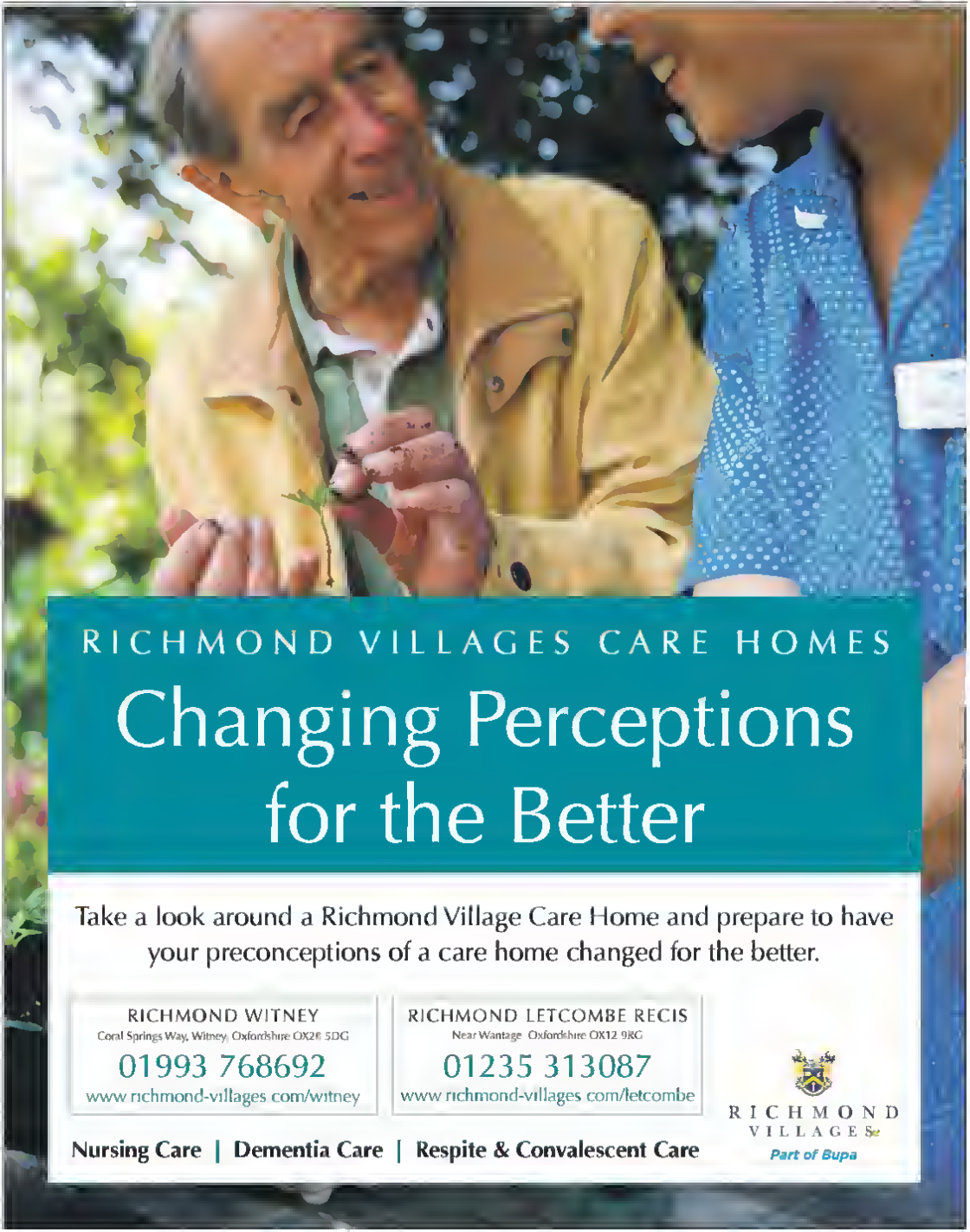
**6.10** Judge Faith **7.00** My Dream Home **10.00** The Bill **11.00** Tipping Point **1.00** Harry Hill's Mississippi Adventure **2.00** MasterChef USA **3.00** Who Do You Think You Are? USA **4.00** My Family **6.00** Tipping Point **7.00** Celebrity MasterChef **8.30** Jamie's 30 Minute Meals **9.00** Educating Yorkshire **10.00** The Dressing Room **11.00** The Catherine Tate Show **11.40** One Born Every Minute **11.40** The Catherine Tate Show **1.30** MasterChef Australia **2.10** The Strain **3.00** Home Shopping

### GOLD SKY 110

**7.20** The Piglet Files **8.20** Ever Decreasing Circles **9.00** The Brittas Empire **9.40** Last of the Summer Wine **11.00** Ever Decreasing Circles **12.20** The Brittas Empire **1.00** Porridge **1.40** Open All Hours **2.20** Citizen Khan **3.00** Fawlty Towers **3.40** Last of the Summer Wine **5.00** Porridge **6.20** Open All Hours **7.00** Citizen Khan **7.40** Fawlty Towers **8.20** The Green Green Grass **9.00** Absolutely Fabulous **9.00** Gavin & Stacey **10.20** Live at the Apollo **11.20** Peep Show **12.25** The Young Ones **1.10** Live at the Apollo **2.10** The Black Adder **2.00** The Smell of Reeves and Mortimer **3.25** Peep Show **4.00** Home Shopping

### SKY SPORTS 1 SKY 401

**6.00** Good Morning Sports Fans **10.00** Premier League Daily **10.30** Live Premier League Asia Trophy **1.00** Live Premier League Asia Trophy **3.45** Live at the Open **6.00** Live NatWest T20 Blast Cricket **8.00** Premier League Asia Trophy **10.00** Sky Sports News at Ten **11.00** Through the Night **11.30** Live MLS **3.00** Through the Night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# Business

Contact Alex Iszatt with your business news and stories at alex@theoxfordpaper.co.uk

New Elevate funding programme provides support as well as training and workshops

# £200,000 on offer to help start-ups and growing businesses

Many businesses attended the launch at the Sheldonian Theatre in Oxford

Oxfordshire Local Enterprise Partnership (OxLEP) is providing £200,000 in grant funding through its OBS Growth Hub team to support start up and growing small businesses in the county as part of a new initiative launched recently

Businesses attended the launch at the Sheldonian Theatre in Oxford.

They will be able to apply during six rounds of awards between now and the middle of 2018

Heather Martin from OxLEP said. "This is a really fantastic opportunity for some of our smallest businesses to secure funding, even before they start trading. It is not very often that SMEs, especially new businesses, are offered such grant support. We are certainly hoping to see plenty of applications from them for our Elevate grants."

Oxfordshire has seen strong growth in recent years—with more than 45,000 new jobs being created in the county over the past five years and it is hoped the grant funding opportunity will support more small businesses to grow. Heather added. "When businesses are small, typically employing a very small number of people we know there is a need to help inject new skills and support.

"These grants will provide additional funds for projects which can help them grow create new jobs and launch new services or products. It is the kind of support that is priceless."

Between £1,000 and £8,000 is on offer in the form of 'match funding' with each successful award. It is available for business to-business enterprises and some consumer facing businesses

The new Elevate programme is completely free to use and aims to help small and medium sized enterprises to prosper and create jobs.

A great number of the county's business community gathered at the Sheldonian Theatre in Oxford at the Elevate launch event. Distinguished entrepreneur Keith Abel, whose own organic vegetable delivery business Abel & Cole grew to become a national success, described how vital it was for him to have support and encouragement when he launched his own venture.

Alongside its grants, the OBS Elevate programme also includes 96 workshops on a range of vital skills and a team of Network Navigators who work with entrepreneurs to guide and support them.

Between 2014 and 2018, Oxfordshire has seen the number of VAT registered businesses in the county go up by 6.5 per cent—a figure OxLEP is keen to see rise even further.

Nigel Tipple, chief executive of OxLEP, said "In Oxfordshire, we have continued to grow our economy dynamically. We are over 50 per cent of the way to reaching our 2031 target of 85,600 new jobs. Much of this is driven by small businesses in Oxford.

"In addition to funding opportunities—businesses can also benefit from many free workshops, providing first-class training."

Funding for the initiative comes from the European Regional Development Fund which has provided £2million with extra resources from the UK government's department of Business, Energy and Industry Strategy, and the Oxfordshire Local Enterprise Partnership (OxLEP).

## Brookes and buses both show they are motoring

Oxford Brookes University and Oxford Bus Company have been recognised at the CUBO Awards for their strong partnership which delivers a high quality bus service designed to enhance the student experience.

Launched in 2012, the CUBO Awards are an annual event which recognises the achievements of those working within the higher education industry. The BROOKESbus service, which connects the university's three main sites and its numerous halls of residence, took the award for Business Partner of the Year.

The judges were particularly impressed with the growth of the service—in 2009 just 31 per cent of students used the service, this has since increased to 48 per cent. The fleet of 20 buses features a British manufactured hybrid drive system, as well as free WiFi and 'next stop' announcement technology.

The BROOKESbus team with their award

Harmohinder Bahl, facilities director for Oxford Brookes University, said "We are delighted to win this award for the BROOKESbus service which is further evidence that our partnership with Oxford Bus Company has made a positive impact both on our students and the Oxford community.

"The modern, innovative and environmentally-friendly BROOKESbus fleet is something that we are very proud of and we look forward to continuing our relationship with Oxford Bus Company."

Phil Southall, managing director of Oxford Bus Company said "We're so proud to have helped secure this award. Working with Brookes University over the last eight years has been an absolute pleasure, and this recognition just goes to show how forward thinking and customer focused their organisation is."

## 'Valuable' Banbury family law solicitor is promoted to associate

Spratt Endicott Solicitors has further strengthened its reputation as having one of Oxfordshire's leading family law departments with the promotion of Sandeep Sandhu to associate.

Sandeep has practised family law since 2006 and joined Spratt Endicott as a solicitor in February 2015, having worked for various leading law firms in West Yorkshire.

Sandeep is part of the family law team based at Spratt Endicott's Banbury office, which offers specialist legal advice on all family related matters, including divorce, separation and issues relating to child contact and property.

Of her recent promotion, Sandeep said "I am absolutely delighted to become an associate at a growing Legal 500 firm and I look forward both to developing Spratt Endicott's family law department, and to continuing to work closely with my clients to achieve the best possible outcome for them."

Sandeep deals with all aspects of family law, but puts particular emphasis on working with parents and grandparents to resolve disputes involving children and prides herself on resolving matters pragmatically for clients at a time when they may be distressed.

Sandeep Sandhu of Spratt Endicott has been promoted to associate

With her focus on providing sympathetic, practical and cost-effective advice at all times, Sandeep's reputation and commitment to clients has resulted in her case-load growing considerably during her time with Spratt Endicott.

Recently, Sandeep provided advice on family law issues as a guest legal adviser on the international radio station BBC Asian Network, and also promoted diversity in the legal profession by representing Spratt Endicott at the 2016 Midland Asian Lawyers Association annual dinner—a gathering of over 500 lawyers, judges and legal professionals.

Patrick Mulcare, director and Head of family law at Spratt Endicott, said "I am delighted that the firm has not only recognised Sandeep's hard work and achievements, but has acknowledged this with her promotion to associate. She is an extremely valuable member of the family law team, who consistently receives excellent feedback from her clients."

# Trio named among rising stars in the motor industry

Three women at Mini Plant Oxford have been named among the top-100 female 'Rising Stars' of the UK automotive industry

Helen Evans, Amy Druce and Annie Sekulla secured national recognition as part of Autocar magazine's 'Great British Women in the Car Industry' initiative

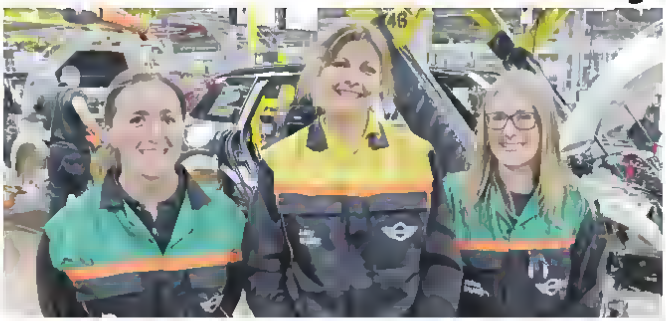
The aim of the programme, run by Autocar in partnership with the Society of Motor Manufacturers and Traders (SMMT) is to identify and promote the automotive sector's most promising female rising stars and highlight their career opportunities

The top 100 were selected from a range of different areas in the industry including vehicle development, manufacturing, purchasing, retail, marketing, communications, apprentices, human resources and design

The news comes as applications for BMW Group's 'Girls Go Technical' scheme – for females considering a technical apprenticeship within the manufacturing industry – opens for placements during the UK October half-term.

Helen Evans made the switch from politics and international relations, which she studied at Oxford Brookes University, to a career in engineering after joining the BMW Group Apprenticeship scheme shortly after graduating in 2015

Now as she studies for a BSc in mechanical engineering, Helen is a popular and talented engineering technician in the Plant Oxford apprentice team. Her current department is responsible for organising the implementation of new parts and vehicles into the plant.



Helen Evans, Amy Druce and Annie Sekulla

"My time at Mini has furthered my passion for cars and I am now certain that I want to build a rewarding career in the automotive sector," said Helen.

"I've also become very interested in playing my part in helping to encourage and inspire other young women to consider careers in this industry

'There aren't enough of us at present, but in time and with schemes like Great British Women, I think attitudes will change and we'll see more females progressing to senior level roles."

Amy who joined the Mini assembly line in 2003 progressed up the ranks to become the first female lead associate She is now a process leader responsible for Mini underbody exhaust front end fit and other engine bay components and oversees a team of more than 40 associates day to day

She is passionate about developing her skills and is currently enrolled on BMW's 'ProLead' (leadership & management) initiative

"For me, job satisfaction is walking out at the end of a shift knowing I have done the best I can do and seeing the output that's been achieved from my area of the line," she said.

Annie Sekulla joined the plant as an apprentice in 2008 and since then has gained a BSc in Electric Engineering.

Today she works as a dimensional control analyst in the metrology team, undertaking detailed measurements of everything from finished vehicles to a single part from a car

"I actually find it a great experience being a woman working in the car manufacturing industry," said Annie "It's important not to get too hung up on gender when considering what you want to do – what matters most is whether you have the skills and the drive to do the job."

# Multi-million pound broadband boost to benefit thousands more rural homes and businesses

Nearly 3 000 more of Oxfordshire's most remote households and businesses will get access to high speed broadband thanks to a £4million boost for the Better Broadband for Oxfordshire programme.

Oxfordshire County Council and BT who are spearheading the partnership, today announced parts of Ardington, Barford St John, East Hendred, Lockinge, Lyford, Swalcliffe and many more communities will be included in the ambitious roll-out.

The funding has come from cost savings made earlier in the roll out and BT making £2.56m available for reinvestment in the programme due to a 'Gainshare' mechanism in the contract which has been triggered by strong demand for the new fibre technology from local households and businesses.

With more than 45 per cent of households and businesses already opting to use the new high speed service provided by the Better Broadband programme Oxfordshire ranks among the best connected counties in the country. This demonstrates the high demand for good digital access, assisting economic growth, and has helped to trigger further reinvestment through the county council's partnership with BT

Oxfordshire County Council also emphasised its commitment to work with communities not yet able to get superfast fibre broadband through any public or private sector roll-out by launching a new scheme.

In addition to the £4m, a separate fund of up to £800 000 from programme efficiency savings has been set aside for co-funding projects where communities are willing to share the costs of the installation work. Under the scheme, the council will contribute up to £1 700 per premise

Councillor David Bartholomew, Oxfordshire County Council cabinet member whose portfolio includes responsibility for broadband, said: "While this announcement is more great news for people living and working in some of the harder to reach parts of our county we are continuing to look for cost effective ways to reach the final four per cent of county premises not yet able to access this important service

"We hope our co-funding initiative will play an important part in helping Oxfordshire to have the best access to digital services, even in the very rural areas.

"We've already had interest from several small eligible communities and are keen to hear from any other communities that might be interested."

The £38 million Better Broadband for Oxfordshire roll-out is part of the Government's Broadband Delivery UK programme (BDUK) with additional funding from Oxfordshire Local Enterprise Partnership (OxLEP)

Minister of State for Digital, Matt Hancock, said: "The Government's rollout of superfast broadband has already reached more than 70,000 homes and business in Oxfordshire, but we know there's still more to be done. This re-investment in the Better Broadband for Oxfordshire scheme is fantastic news for the 3 000 extra premises who will now be able to get the fast broadband they need."

Steve Henderson, BT's regional director for broadband partnerships said: "The residents and businesses of Oxfordshire have been tremendously supportive of this programme with some of the strongest demand for fibre broadband in this country They have been quick to recognise the huge opportunities this exciting technology offers

"Such high take-up of the service has enabled BT to make an early £2.56m 'success dividend' available to re-invest back into the Better Broadband for Oxfordshire programme to connect some of the hardest to reach properties."

## Said 9th in world for entrepreneurship

Said Business School has been named ninth in the world for entrepreneurship in the Financial Times 2017 ranking of the top MBA programmes for Entrepreneurship

This is a companion to their ranking of top MBAs for finance, which came out on April 30

Peter Tufano, Peter Moores dean and professor of finance at Said Business School (pictured above) said, We placed in the top ten globally, ranking ninth for entrepreneurship and eighth for finance.

"In the entrepreneurship results 29 per cent of our MBAs from the class of 2013 started up their own companies and 21 per cent of entrepreneurs were women, both figures considerably higher than many of our direct competitors

"This represents the entrepreneurial zeal of our students – women and men – which we will continue to support with the opening of the Oxford Foundry in a few months, supporting all Oxford student entrepreneurs

"The Times Higher Education recently reported that our undergraduate economics and management students, in addition to being in the most selective programme across Oxbridge earned the highest median salaries five years after graduation of any programme in the UK.

"Add this to the Financial Times results that our open enrolment programmes are ranked fourth globally both our overall executive education activities and EMBA programme are ranked ninth globally and that our masters of financial economics programme is ranked 11th globally and you get a consistent picture. We are routinely ranking in (or near) the top-10 in all of our various categories."

## Oxford University spin-out Diffblue

Osborne Clarke, an international legal practice, has advised Goldman Sachs' Principal Strategic Investments on its £17million Series A funding round in Oxford-based artificial intelligence (AI) business Diffblue Limited.

The investment represents one of the largest funding rounds for an AI company in Europe to date.

Founded by University of Oxford computer science Professor Daniel Kroening and Dr Peter Schrammel, Diffblue develops artificial intelligence for code

The company also automates many traditional coding tasks such as bug fixing, test writing, finding and fixing exploits, refactoring code, translating from one programming language to another and creating original code to fit specifications.

Property

# Stunning views and a half-acre plot make this detached home a gem

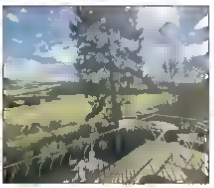
THIS is an individual detached family home in Streatley-on Thames set in an exceptional position surrounded by beautiful open countryside.

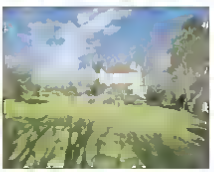
In need of some updating throughout the house offers a rare and unique opportunity

With ample and spacious accommodation it is set centrally on an approximately half acre plot to maximise the stunning views from all rooms

Available with no onward chain, accommodation includes reception hall sitting room, dining room, kitchen, boot room, cloakroom, master bedroom with en-suite four additional bedrooms family bathroom, and integral double garage with plumbing and power points EPC Rating F

To arrange a viewing or for further information, contact selling agent Davis Tate, Goring-on-Thames on 01491 528655 Priced. £1,500,000





## The Oxford property market, The Beatles, Sweden and 50-year mortgages

*Bill Cooper co-author of The Oxford Property Blog and managing director of Martin and Co, Oxford*

Fifty years ago in 1967 the first human heart transplant was performed by Dr Christiaan Barnard in South Africa In the same year Sweden switched from driving on the left-hand side to the right-hand side of the road

The average value of an Oxford property was £6 730 interest rates were at 5 5 per cent and The Beatles released their Sgt Pepper s album

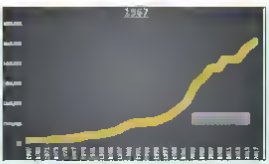
But what the hell has that to do with the Oxford property market today? Quite a lot actually - let me explain my friends! I have been doing some research on the current attitude of Oxford first-time buyers

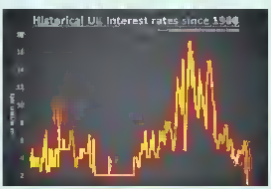
First-time buyers are so important for both landlords and homeowners If first-time buyers aren t buying they still need a roof over their heads so they rent (good news for landlords) If they buy demand for Oxford property goes up for starter homes and that enables other Oxford homeowners to move up the property ladder

First-time buyers are the lifeblood of the property market They are however the most susceptible to interest rate rises and the affordability of mortgages With that in mind, let us see what is happening to them.

The average value of an Oxford property is currently standing at £507 468 and UK interest rates at 0 25 per cent

As each year goes by it appears the age of the everlasting mortgage has started to emerge prompted by these first-time buyers eager to get a foot on the housing ladder




I was reading a report a few days ago where some mortgage companies confessed that the battle to gain big returns from the property market has led to mortgages that will take considerably longer than the customary 25 years to pay off

Over the last few years, it has been commonplace for first-time buyer mortgages to be 30 and 35 years in length as the 'Bank of Mum and Dad' have been helping with the deposit.

Now some high street banks are offering mortgage terms of 40 years. This means first-time buyers could be paying until their mid-60s So a 50-year mortgage does not seem as far-fetched now as it would have been back in the 1970s After all life expectancy for a male then was exactly 69 years and today it s 79 years and five months

Over the last 10 years Oxford property prices have continued to rise more than wages therefore, first-time buyers are looking for bigger loans If this development continues the only way repayments can remain reasonable is by increasing the term of the loan.

However some commentators have said they are worried the mortgage companies are lending money over such a long term, because they threaten leaving some first-time buyers with a generation of debt if the house price bubble bursts

Interestingly, when I looked at what had happened to average property values in Oxford over the last 50 years there have been bubbles First-time buyers should take heart since as a county we have always recovered from it a few years later

What if interest rates rise? Well looking at historic UK interest rates, the current rate of 0 25 per cent is at a 300-year low Mortgages will never be cheaper I would however seriously consider fixing the rate to cushion any future potential interest rate rises (since they can only go in one direction when they do change).

If Oxford first-time buyers see buying a home as a long-term decision, based on the last 50 years they should feel very confident that their asset will increase in value over the term of their loan.

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**Abingdon** £350,000

For sale by Modern Method of Auction: Starting Bid Price £350,000 plus Reservation Fee The property comprises bow bay fronted sitting room, dining room, spacious breakfast room/study, kitchen, utility room and a cloakroom which completes the ground floor. Upon the first floor there are three bedrooms which are served by the main family bathroom. EPC – D

**Abingdon** £299,950

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A period two bedroom thatched cottage set in the picturesque village of Dorchester-on-Thames. The cottage has two attractive double bedrooms, two reception rooms and a separate studio in the garden with a bedroom and shower room. Filled with charm and character with features such as exposed brick and beams throughout the property and a multi-fuel stove in the main reception room

**£550,000 Guide Price**

## Kingston Bagpuize

A superbly presented two bedroom house benefiting from an end of chain sale. The property comprises hall, modern fitted kitchen, sitting room with a central feature fireplace and a double glazed conservatory which makes an ideal dining space. The first floor provides both double bedrooms as well as the re-fitted bathroom. Outside the property there is an allocated parking space and located only a short walk form local amenities. EPC – C

**£295,000 Guide Price**

**Abingdon** £225,000

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## 1 Training

Communication is important but you have to have something to say

If there isn't a role available why not share helpful information about a company video content and relevant infographics?

Once recruiters have a job available, they should communicate regularly with candidates.

Fewer than half of organisations actually keep their candidates up-to-date on the status of the hiring process

## 2 Be mobile-friendly

ADP has shown that seven out of 10 job seekers now search for employment on their mobile devices Recruiters need to ensure that every part of the hiring process is available to mobile users, from job applications to video interviews Ensure that candidates can upload their CV from a cloud-based site such as Google Drive It is important process is quick and takes no more than five to 10 minutes to complete.

## 3 Build communities

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# Motors

# Fun Supermini won't break bank

By Tony Yates

MG has a long history when it comes to making motor cars.

I can recall many models that made MG as a brand stand out above all others – for instance the MG Midget, the MGA and the MGB GT V8 are just a few of the iconic models that I can remember from my youth.

When this much-loved brand was re launched back in 2011 the response was positive and for me this was great news.

I was happy that once again I would start seeing a new generation of MG motor cars hit our streets.

So in light of this – I thought it was about time I gave the MG3 supermini a full work out.

## Power and Efficiency:

The MG3 is powered by a 1.5 DOHC VTi-TECH engine that produces 106PS @6000rpm and has a top speed of 108mph.

Fuel consumption is around 50mpg (combined) and a 0-60 time of around 10 seconds.

The engine feels very willing – and for an engine that is normally aspirated I think it does that rather well.

Ok – it's never going to set any records but why should it?

The MG3 was built to meet a need for a car that was not only well equipped, but also priced without breaking the bank or jacking up insurance premiums.

## On the road:

The MG3 feels fine – nothing to complain about really.

It's fun to drive and the chassis is doing a great job of keeping you pressed into the Tarmac with plenty of grip.

But I found that road noise can be high on some surfaces and I think a little extra sound proofing here and there would have been a welcome introduction.

## Design and Interior:

The interior is not as good as some, but for a budget motor I can forgive it for its basic approach, although the seating was comfortable and the space inside is more than adequate.

The dials and switches are set out well and the interior stands out better than some of its budget rivals like the Dacia Sandero.

Also let's not forget about the wide range of personalisation options you can choose from.

## Technology:

The MG 3FORM Sport model is fitted with a CD player with six speakers and USB input along with a host of extras like LED daytime running lights, DAB radio, multi-function trip computer, stability control system (SCS) including ABS, EBD, EBA, CBC and engine stop-start function.

You also get hill hold control, electronic air conditioning, automatic front wipers, leather steering wheel, front and rear electric windows, rear tail gate spoiler and a whole host of additional features you would not expect to get from a car costing very little money indeed.

To sum up: not a bad little car if you are on a budget.

Base price for the MG 3FORM Sport (from) £9,695.

# Fiesta time for Ford figures

Ford maintained its sales leadership through the month of June, and for the first half of the year, heading total vehicle (car and commercial vehicle (CV) sales in the UK.

Highlights of the June sales figures issued by the Society of Motor Manufacturers and Traders (SMMT) include:

- Ford leads total UK car sales (Fiesta 2nd and Focus 3rd)
- Transit Custom tops the UK CV sales
- Transit CV range is second in UK total vehicle sales
- Ford has four models in the UK Top 20 – Fiesta (1st), Focus (3rd), Transit Custom (8th) and Kuga (14th)

Seven Ford models lead their respective segments, Ford Fiesta, Fiesta Van, Transit Courier, Transit Custom, Tourneo Custom, Transit and the Ford Ranger.

As the all-new Fiesta arrives in UK showrooms, sales of the outgoing model have now exceeded 1,000,000 since it first went on sale in 2008. The one millionth Fiesta was registered in June to a customer in Birmingham, the UK hat spot for Fiesta sales.

Andy Barratt, Ford of Britain chairman and managing director said: "It's an exciting time as we transition into the launch of the all new Fiesta.

"Every successive Fiesta model has improved on the one before, and this new Fiesta is our most technologically advanced model yet, with so many features you would only expect to find on a much larger car.

"It will also be our most comprehensive Fiesta range, with a line-up that will include the luxurious Fiesta Vignale and Fiesta Active, our first ever Fiesta crossover model."

The official figures released by the SMMT today show that industry car sales in June were down 4.8 per cent to 243,454 units, compared with June 2016.

Ford car sales were 27,095, 4,456 registrations ahead of its nearest rival. For the year to date (end June) total UK car sales were 140,1311, down 1.3 per cent compared with the same period in 2016. Ford car sales for this period were 168,316, down 1.7 per cent, 60,289 registrations ahead of its nearest rival.

Ford is also the clear leader in retail car sales, which most accurately reflect the preferences of private buyers.

For June, Ford's retail car sales share was 11.1 per cent, 2.8 percentage points ahead of its nearest rival, and for the year to date, Ford's retail car sales share was 12.0 per cent, a lead of 4.4 percentage points.

The Ford Fiesta is the UK's second best-seller in June, recording 6,601 registrations, 207 sales and less than 0.1 percentage points of share behind of its nearest rival.

With total registrations of 59,380 for the year to date, the Ford Fiesta is the UK best seller by a significant margin – 22,677 sales and 1.7 percentage points of market share ahead of its nearest competitor.

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VAUXHALL

# First double points of season for Williams

Felipa Massa (car 19) and Lance Stroll both ended inside the top-10. Picture: *Glenn Dunbar/Williams*

F1

Georga Welch: *Reporter*

WILLIAMS followed their strongest showing of the season in Azerbaijan two weeks ago by recording a double points finish for the first time this year at the Austrian Grand Prix on Sunday.

The Grove-based outfit recovered from a disastrous qualifying campaign to edge into the points as Lance Stroll and Felipe Massa elbowed their way up through the field.

Both Massa and Stroll were knocked out of Q1 in 17th and 18th respectively but took advantage of a first lap collision to get both cars inside the top-10.

Canadian Stroll, left perplexed by Williams' worst qualifying performance since the 2014 British Grand Prix, fought off the determined efforts of Renault driver Jolyon Palmer to pick up a point in 10th.

Similarly Massa's improved race-pace helped the Brazilian climb from the rear end of the grid to seal ninth and two points.

The Williams pair gained a handful of positions by the end of the opening lap following an opening corner collision involving Danil Kvyat, Fernando Alonso and Max Verstappen.

Not that Massa was complaining. He said: "For sure you cannot celebrate a ninth position but starting 17th it was a fantastic race for me.

"I had a really good start, getting through the issues that were happening in corner one, and overtaking cars.

"It was a fantastic first lap as the pace was great, compared to qualifying, which is something we need to work to understand so that we don't repeat starting out of position like today."

He chased Force India's Esteban Ocon in eighth place to no avail but admitted. "I'm so happy with my race and it's good to have both cars in the points."

Stroll, who claimed his third consecutive points finish, was buoyed by the duo's recovery but stressed Williams needs to find a cure for its mysterious lack of pace in qualifying before the upcoming British Grand Prix.

Stroll, who moves up to 11th in the drivers' championship, said. "It goes to show anything can happen in a race and it is not over on a Saturday.

"I am feeling very positive as I started 18th finished 10th and picked up another point. We need to figure out what happened to us in qualifying and try to cure it for the next race."

# Season's best for Haas' Grosjean

F1

ROMAIN Grosjean secured his highest finish of the Formula 1 season as he crossed the line in sixth place at the Austrian Grand Prix.

The Haas driver celebrated a strong race to record his fifth points-scoring finish of the campaign for the Banbury-based team.

The Frenchman made a strong start and ran as high as fourth before giving up positions to Kimi Raikkonen and Lewis Hamilton.

He eventually brought his car home in sixth place – the last car on the lead lap – to pick up eight points and record Haas's best ever finish in Austria.

Grosjean, who admitted before the race that he was surprised by Haas' upturn in form in Austria, praised "a really strong race."

He said. "We pushed hard all the way and that's the racing we like. It was a great race and a great job by all the guys.

"I was happy with the car all week end long. There are a few things we need to improve but today we were the best of the rest.

"We showed that when we get everything to work on the car we're strong."

There was less joy for Banbury team mate Kevin Magnussen though, who was forced to the garage with a hydraulic issue on lap 30.

The Dane was 11th and poised to join Grosjean in the points before he had to retire. Magnussen said. "It's pretty tough when these things happen. You're in a good position, the car's working really well, and it was our strongest weekend with the most potential for a good result for both cars.

"I could easily have been up there with Romain and we could've had a perfect result for the team. It's just been really poor luck this weekend."

Romain Grosjean leads the way. Picture: *Haas F1*

# Didcot celebrates end of great year

Netball

MEMBERS of Didcot Netball Club celebrated their end of season with an annual awards evening.

The award for most improved junior team went to High 5 with all its members receiving medals.

The most improved senior category was awarded to Lucy Cross for showing passion in the games played in the winter league while defender Vanessa Taylor pictured, was named senior player of the year.

The award for best junior player was given to Mia Ashley for always playing with a good spirit and assisting coaches by 'leading by example, passion and patience.'

Mandy Blair the club's chair said. "The club has continued to grow and develop in terms of both numbers and performance.

"We now have more than 50 ladies and over 60 juniors playing.

"This year the club has, again, increased the number of teams competing in the Oxfordshire league and with great results."

# Frilford Heath hosts eighth Battle Back Golf showdown

The Battle Back and Battle Pack teams celebrate a successful day

Golf

FRILFORD Heath Golf Club welcomed wounded and injured service personnel to Oxfordshire for the eighth annual Battle Back Golf event competition.

Founded in Surrey in 2009 the Battle Back golf programme is a military initiative designed to utilise sport to support the wounded, injured and sick.

The Battle Back versus Battle Pack competition pitched 12 past and present service personnel against 12 golf industry representatives.

Making up the 'pack' was Frilford Heath chairman Alistair Booth and general manager Russell Stebbings along with Kevin Hart from Club Car and the new PGA executive director and founder of Battle Back Golf, Lt Col (Retd) Tristan Crew.

The initiative began when Lt Col Crew approached Battle Back, an MOD initiative, with the proposal of starting a golfing programme.

He said. "Maintaining an active and healthy lifestyle is an important part of service life and that includes personnel who have been injured.

"Over the years the programme has proved successful in supplementing the physical, psychological and cognitive rehabilitation of over 200 serving and veteran personnel."

The teams played the 5 900-yard green course and fought closely for the title and the final scores were 3.5 to 2.5 to the Battle Packers, putting the Packers 5–3 up in the series.

Mr Booth said. "We were delighted to host the eighth golf competition and thankfully the rain held off and we had a great day of golf."

# Palmer: I'm the master of 11th place

F1

JOLYON Palmer has labelled himself as "the master of 11th place" after he finished in the position for the third time in four races.

The Renault racer pushed Williams' Lance Stroll all the way in Austria but finished less than half a second behind the final points position.

The Brit in his second season at the Enstone-based side also captured 11th in Monaco and Canada, meaning his frustrating hunt for a first point of 2017 rumbles on.

He said. "It's my third race with an 11th place finish, once more within touching distance of points.

"I had Lance Stroll in my way for just over 40 laps and couldn't get past him, which is frustrating.

"I need to focus on qualifying better but throughout the weekend the pace seemed improved so overall there are some positives. The conclusion is I'm the master of 11th place."

Teammate Nico Hulkenberg suffered another miserable race after triggering his car's anti-stall on the grid.

Having started in 11th he tumbled down the order and could only recover to 13th place.

Hulkenberg said. "It was a difficult race for me – I had a terrible start.

"That was the beginning of the end for me. I was almost last before the first corner and from then onwards it was clear that it was going to be a difficult afternoon."

SPORT

# Two defeats add to Oxford's Blues

Oxford RL and Doncaster RL tussle it out for the ball. Picture: *Simon Hall*

## Rugby League

ANOTHER difficult week continued Oxford RL's disastrous second half of the season with two more defeats.

Losses at Doncaster RL and Barrow Raiders in the past week extended the Blues' run of losses to seven matches.

Oxford lost 34-16 to Doncaster on Wednesday last week and capitulated 30-10 against Barrow on Saturday.

The run of dire form has caused Tim Rumford's side to plummet from ninth in Kingstone Press League 1 on May 13th with just one game of the regular season remaining.

Barrow's Eze Harper scored three tries as the rampant Raiders ran in 14 tries.

The home side commanded a 56-6 lead at half-time before both sides had a man sent off for fighting early in the second half.

Oxford did manage to hit back against second placed Barrow with scores from Harrison Brough and Harvey Burnett, but there was no way back for them.

The thrashing came just three days after another defeat at Doncaster.

The Blues started slowly in the rearranged fixture and conceded four tries within the first 11 minutes.

Jordan Gill and Tommy Newbould crossed the line for Oxford but a further two first half tries from Donny established a comprehensive 30-8 half time lead.

The Blues' hopes were dented further by a seventh Doncaster try—Sam Doherty's hat trick – on 66 minutes in the game.

But the persistent visitors made the score more respectable with a couple of tries in the last seven minutes as Gill and Marcus Brooker crashed over the line.

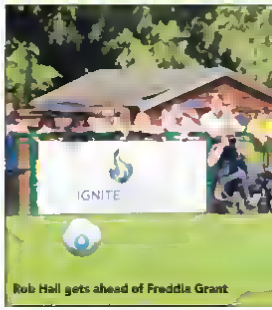
Rumford leads his Oxford side to Keighley Cougars on Sunday for their third consecutive away match.

Oxford City 0
Oxford United 3
Joe Rothwell 11
Kane Hemmings 12
Wes Thomas 68

From left, Dave Jones, Pep Clotet and Darryl Eales

Ryan Ledson takes a shot at goal

Marvin Jahnson crosses the ball for Wes Thomas to score



Rob Hall gets ahead of Freddie Grant

# Hoops boss welcomes return of trio

## Oxford City

George Welch *Reporter*

THREE familiar faces have returned to Oxford City as the club continues its busy transfer window dealings for next season.

Hoops boss Mark Jones has welcomed midfielders Zac McEachran and Mo Fofana and young striker Horatio Hirst back to Court Place Farm.

McEachran, younger brother of former Chelsea and current Brentford midfielder Josh, has joined from Banbury United for an undisclosed fee, while teenager Hirst has re-joined on a six-month loan deal from Sheffield United.

City have also welcomed back Fofana for a third spell.

The trio take the number of new additions at the National League South side to eight as Jones moulds his own team after being appointed on a permanent basis this summer.

A graduate of the Oxford City youth development programme, 22 year old McEachran, who turned down a new contract at the Puritans made his debut for the club in the National League North as a 17-year-old.

He has spent the past two years with Banbury and recently spent time at the Jamie Vardy Academy.

Jones described McEachran, who scored four times in the Southern Premier League last year, as a very talented young player.

Jones said: "We feel he will fit well into our squad. We want to see skilful, creative players at the club and Zac possesses the ability to go past defenders and has a good vision to play clever passes."

Banbury boss Mike Ford, who managed City between 2009 and 2014, wished McEachran luck at a higher level, adding. "We are losing a very valued member of our squad. I would have loved to have kept him and we as a football club did everything we could to do so but unfortunately he has chosen to spend next season at a different club."

Striker Hirst, meanwhile, has joined on a six-month temporary deal from Championship side Sheffield United.

The d'Overbroecks College student signed for the Yorkshire club in December after scoring 51 goals for City's youth team in the 2015/16 campaign.

Having been fast tracked into the Under 23 setup at the Blades, the loan deal will allow Hirst to continue his development by playing National League football while continuing his A Level studies. Jones said Hirst's movement, work rate and goal scoring ability have impressed him.

The third player to return to the club is midfield enforcer Mo Fofana, who spent time with the Hoops in 2014 and 2015.

Zac McEachran in action on Saturday. Picture: *Michael Allen*

# City Stars

## Ice Hockey

TWO new faces have arrived at Oxpens Road as Oxford City Stars continue their preparations for the coming season.

New head coach Kenny Redmond has added netminder Ronan Milan and his own son-in-law Conor Redmond to his Stars line-up.

Conor joins from the Bracknell Hornets and, although only 22 years old, has iced for a number of teams in the former NIHL 1 and NIHL 2 divisions and has represented Ireland's national team.

He said: "It will definitely be better to be playing for the Stars fans rather than against them – they are a loud bunch and create an atmosphere that will be fun to play in.

"After a bit of instability through out the leagues in the past few years I'm looking forward to settling in at Oxpens Road."

Milan 21, has also joined from the Hornets and has experience playing in Hungary and Slovakia.

Kenny Redmond welcomed his new additions and said the acquisition of Milan will offer "great strength in depth with two top goalies".

Of his son-in-law he added: "Conor

# U's tempt striker away from rivals

## Oxford United

George Welch *Reporter*

NEW boss Pep Clotet has made former Swindon Town striker Jon Obika his first signing at Oxford United.

The 26-year-old bagged six goals in 31 appearances as United's rivals were relegated to SkyBet League Two last year.

He has signed a two-year deal after rejecting a contract extension at the Robins and was a target for the U's prior to Clotet's arrival.

Former Spurs youngster Obika said he was delighted to have signed for Oxford, adding, "It's a club that is going places, especially with the new manager coming in and I'm happy to be part of it."

Obika, who was farmed out on 11 loan spells at six different clubs before joining Swindon permanently in 2014, is unfazed by switching allegiances.

He said, "Obviously there is a rivalry with Swindon but people have made the move before and done well.

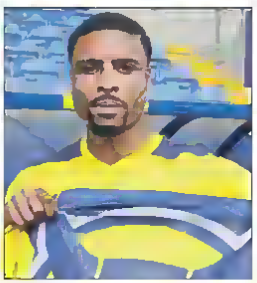
"All I want to do is come here, work as hard as possible in every game and look to score goals in a successful season."

Welcoming his first signing, Clotet said, "We have a really good recruitment team here and Jon is someone the club has been monitoring for a while.

"He has great pedigree, is able to play in a number of positions and gives us options up front, so we are very pleased that he has agreed to join us.

"We're eager to welcome Jon and begin working him so as to allow him to settle into the squad during pre-season."

Obika has scored 48 goals in 141 league starts for seven clubs.



Oxford are eager to welcome Jon Obika Picture: *OUFC*

Three United scholars, meanwhile, have signed professional contracts at the club.

Goalkeeper Manny Agboola and winger Malachi Napa have each signed for one year, while midfielder Shandon Baptiste remains a scholar until the end of August, at which point his six-month pro contract will commence, giving him the chance to impress following a shoulder injury that sidelined him for the second half of last season.

Coach Derek Fazackerley said, "It's great news for both the club and these young players that they have taken their first steps into the professional game.

"[Goalkeeper coach] Wayne Brown speaks very highly of Manny, who has already featured on the bench for the first team, while both Malachi and Shandon are very promising youngsters with bags of skill."

Malachi Napa powers past Jordy Ngathe

City's Freddie Grant in action in mid air Picture: *Michael Allen*

# sign up Hornets pair

New signings Ronal Milan and Conor Redmond, inset right, both join from the Bracknell Hornets

has come on leaps and bounds. Never a flashy player but he has excellent work ethic. I'm sure he'll be a major player for the Stars this year."

The NIHL season will begin on the weekend of September 2/3 and is scheduled to end April 7/8 2018.

# Here's how games shape up

NON-LEAGUE teams in Oxfordshire are dreaming of Wembley following the preliminary draws for the Emirates FA Cup.

Most of the county's football clubs are knocked out of one of the world's biggest club cup competitions by the end of September but will fancy their chances more in the FA Buildbase Trophy and Buildbase FA Vase.

Draws for all three tournaments were announced on Friday.

**Emirates FA Cup extra preliminary round (to be played August 5)**
**Ardley United** v Baldock Town
Lydney Town v **Wantage Town**

**Emirates FA Cup preliminary round (to be played August 19)**
**Ardley United**/Baldock Town v Welwyn Garden City/North Greenford United
Flackwell Heath/Burnham v **Didcot Town**
Highmoor Ibis/Buckingham Town v **North Leigh**
**Kidlington** v Lydney Town/**Wantage Town**
Uxbridge v **Thame United**

**Buildbase FA Trophy preliminary round (to be played October 7)**
**Kidlington** v Winchester City
**North Leigh** v Wimborne Town
Mangotsfield United v **Thame United**
Shortwood United v **Didcot Town**

**Buildbase FA Trophy first qualifying round (to be played October 28)**
**Kidlington**/Winchester City v Slough
Mangotsfield United/**Thame United** v **North Leigh**/Wimborne Town
Shortwood United/**Didcot Town** v Frome
Tiverton Town v **Banbury United**

**Buildbase FA Vase first qualifying round (to be played September 9)**
**Abingdon United** v Highmoor Ibis
**Ardley United** v Longlevens
Hadley v **Milton United**
**Oxford City Nomads** v Woodley

**Buildbase FA Vase second qualifying round (to be played September 23)**
**Abingdon United**/Highmoor Ibis v Welwyn Garden City/Brackley Town
Edgware Town/Risborough Rangers v **Henley Town**
Hadley/**Milton United** v Colney Heath/Harefield United
**Oxford City Nomads**/Woodley v Baldock Town/Buckingham Town
Tytherington Rocks v **Ardley United**/Longlevens
**Wallingford Town** v Oxhey Jets
**Wantage Town** v Lydney Town/Winslow United

- **Oxford United** have been drawn with Stevenage and MK Dons in Group G of the Checkatrade Trophy. Invited Under-21 teams who will play all group games away from home, were due to be confirmed yesterday.

THE OXFORD PAPER
Sport

MORE SPORT INSIDE:
Oxford United v Oxford City pictures ■ Golf
Rugby League ■ Ice Hockey ■ F1 ■ Netball

# Clotet era gets off to flying start with victorious derby

Wes Thomas slides in to score United's third goal. Picture: Steve Gerrish

George Welch, *Reporter*

THE Pep Clotet era at Oxford United got under way with a comfortable 3-0 pre-season win at Oxford City

A quickfire first half double from Jne Rothwell and Kane Hemmings was followed by a late Wes Thomas tap-in to round off a decisive win at United's city rivals revamped Court Place Farm stadium on Saturday

New U's boss Clotet opted to watch the first warm up game from the stands as he let assistant head coaches Derek Fazackerley and Chris Allen take charge.

The Spaniard was left impressed with his side s display in a match that included summer signings Scott Shearer Charlie Raglan and Flacre Kelleher alongside two trialists

A record Hoops crowd of 2,276 — almost 500 more than the ground s previous record — marked the opening of the redeveloped Marsh Lane stadium and the new partnership between the two clubs On the pitch it took just 11 minutes for the U's, donning their new black away strip to take the lead in the scorching heat

Former Manchester United youngster Rothwell gave the U s the lead with a curling effort that fired into the far corner from just outside the area.

And 60 seconds later Clotet s side were 2 0 up when trialist Sam Sha ban ran into the box and unselfishly squared to give Hemmings a simple finish from point-blank range.

The Yellows made 11 changes at the break and switched to an experimental 3-4-3 shape

But this failed to slow the away side s momentum and their second trialist Josh Smile — a U s academy product released from Fulham this summer — forced a save from Craig Hill in the City goal straight from the restart

Substitute Ezra Forde had City's best chance of the second half as his snap shot from a tough angle forced a smart save from Simoo Eastwood.

United pushed for a third late on with Marvin Johnson and the returning Thomas going close

But Thomas, who had earlier found the side netting, wasn t to be denied two minutes later when he slotted home a Johnson cross to make it 3-0 with two minutes remaining.

The Hoops picked up their first pre-season win on Tuesday with a 2 1 home win against Cheltenham Town.

United, meanwhile, were due to take on Championship side Middles brough in the Algarve last night They will play Hull City at the same Ferreras Stadium venue on Saturday

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